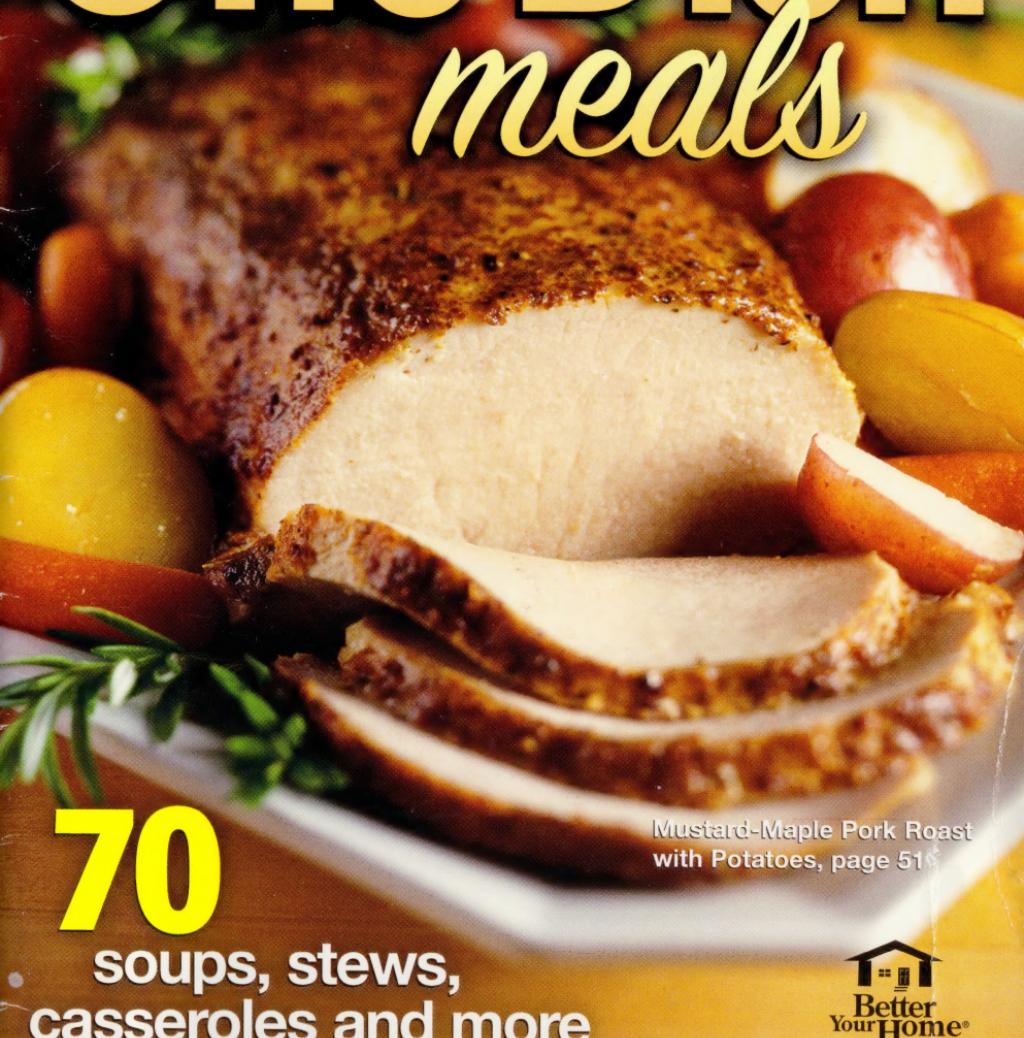


Better
Homes
and Gardens®

Special
**CROCKERY
COOKER**
Section!

One Dish meals



70

soups, stews,
casseroles and more

Mustard-Maple Pork Roast
with Potatoes, page 51


Better
Your Home®
SERIES

I n t r o d u c t i o n

What is it we love about one-dish meals? With most ingredients cooked or served in a single pan, they're certainly convenient. We think their appeal goes beyond ease—heading into the realm of heartfelt warmth and satisfaction that only great home cooking brings.

This collection of more than 70 recipes revisits all the comfort and convenience you've come to expect in one-dish meals, yet takes this simple way of cooking a few steps further. Time-honored favorites such as chilies and chowders get stylish updates, while recipes from Thai Chicken Wraps to Tuscan Lamb Chop Skillet introduce one-dish takes from other cultures.

Whether you crave classics or new flavors and cooking techniques, rest assured that it's all here—the ease, the aromas, and the delicious results you rely on for satisfying meals.

A recipe that bears this ♥ symbol has no more than 10 grams of fat per serving.

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Pictured on the cover: Mustard-Maple Pork Roast with Potatoes (see recipe, page 51)

Previously printed as *Better Homes and Gardens® One-Dish Dinners*

For more easy recipes, visit www.bhg.com.



This seal assures you that every recipe in *One-Dish Meals* has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets high standards of taste appeal.

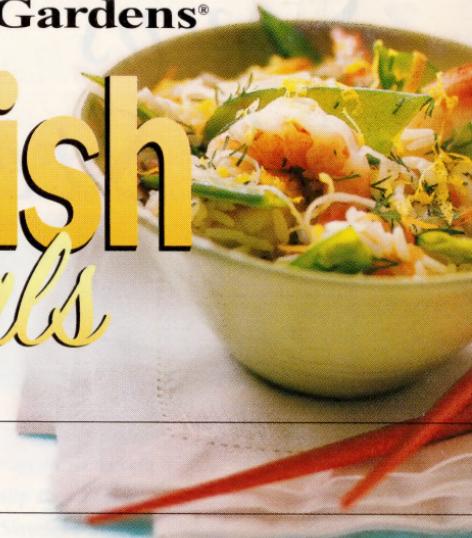


The Better Your Home® Series

A collection of home-and-family publications from the publishers of *Better Homes and Gardens®* magazine.

Better Homes and Gardens®

One Dish meals



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Soups & Stews



Mexican Pork and Hominy Soup



Many Americans tend to associate Mexican food with fiery flavors. Truth is, much Mexican food isn't hot, just flavorful, as this classic soup demonstrates. The recipe is much like the country's famed posole—a hominy and pork soup often served around Christmastime.

Prep: 20 minutes **Cook:** 1 hour 20 minutes **Servings:** 6

12 ounces lean boneless pork	1 14½-ounce can golden hominy, drained, or one 10-ounce package frozen whole kernel corn, thawed
1 tablespoon cooking oil	1 cup sliced carrots
1 cup chopped onion	½ cup sliced celery
2 cloves garlic, minced	Shredded Mexican cheese or Monterey Jack cheese with jalapeño peppers
3 cups chicken broth	
1 14½-ounce can tomatoes, cut up	
2 teaspoons dried oregano, crushed	
¼ teaspoon ground cumin	

[1] Trim fat from pork. Cut pork into ½-inch pieces. In a large saucepan heat oil. Brown pork, half at a time, in hot oil over medium-high heat. Remove pork from saucepan; set aside. Add onion and garlic to drippings in pan. Cook over medium heat until tender. Drain fat. Return all pork to saucepan.

[2] Stir in broth, undrained tomatoes, oregano, cumin, and ¼ teaspoon black pepper. Bring to boiling; reduce heat. Cover and simmer for 1 hour. Stir in hominy, carrots, and celery. Return to boiling; reduce heat. Cover and simmer for 20 to 30 minutes more or until vegetables are tender. Garnish with shredded cheese.

Nutrition Facts per serving: 205 cal., 10 g total fat (3 g sat. fat), 32 mg chol., 680 mg sodium, 15 g carbo., 2 g fiber, 14 g pro. Daily Values: 59% vit. A, 21% vit. C, 8% calcium, 12% iron

Say Cheese—Mexican Style

Move over Monterey Jack! Now you can choose from a wide array of Mexican cheeses in supermarkets and Hispanic specialty stores. For shredding, *anejo* *enchilado* is a pungent, salty hard cheese. For melting, *asadero* has a buttery flavor and excellent melting qualities. For crumbling, *queso fresco* is a mild-flavored soft white cheese.



Golden Harvest Soup

Three great autumn flavors—apple, parsnips, and butternut squash—bring a mellow sweetness to this seasonal soup. Served with freshly baked bread, it's a partnership that's hard to beat.

Prep: 20 minutes **Cook:** 55 minutes **Servings:** 4

- | | |
|---|---|
| 12 ounces lean boneless pork | 3 cups cubed, peeled butternut squash |
| 1 tablespoon cooking oil | 1½ cups sliced parsnips |
| 2 cloves garlic, minced | 1 large green cooking apple, cored and cut into ¾-inch pieces |
| 1 stalk celery, sliced | |
| 2 teaspoons curry powder | |
| 2 14½-ounce cans reduced-sodium chicken broth | |

[1] Trim fat from pork. Cut pork into ¾-inch pieces. In a 4-quart Dutch oven heat oil. Brown pork in hot oil. Stir in garlic, celery, and curry powder. Cook 1 minute longer.

[2] Stir in broth. Bring to boiling; reduce heat. Cover and simmer about 45 minutes or until meat is almost tender. Stir in squash, parsnips, and apple. Return to boiling; reduce heat. Cover and simmer for 10 minutes more or until squash is tender.

Nutrition Facts per serving: 262 cal., 10 g total fat (2 g sat. fat), 38 mg chol., 632 mg sodium, 29 g carbo., 6 g fiber, 16 g pro. Daily Values: 54% vit. A, 37% vit. C, 5% calcium, 11% iron

Salad Serve-Alongs

Pairing a hearty, steaming bowl of soup or stew with a refreshing, crisp, light salad seems like a match made in heaven. Enhance the meal even more by moving beyond the usual head lettuce, tomato, and shredded carrot combination. Here are just a few ideas:

- Toss Bibb lettuce, oranges, avocado, and walnuts with an orange vinaigrette.
- Toss strawberries, toasted almonds, spinach, crumbled bacon, and hard-cooked eggs; then drizzle with a western or French dressing.
- Toss romaine lettuce with a fruit-flavored vinaigrette (such as a raspberry); then arrange grapefruit sections, red onion slices, and feta cheese over the top.

[4]

Italian Pasta and Bean Soup with Sausage

White kidney beans (also called cannellini beans) bring a Tuscan touch to this soup. And, perhaps there is a market in your town that sells a brand of homemade Italian sausage loved by the locals—search it out so you can bring your own region's touch to this recipe.

Start to Finish: 30 minutes **Servings:** 4

8 ounces uncooked Italian sausage	1 1/4 cups water
1 cup chopped onion	1/2 cup dried elbow macaroni
1 cup chopped celery	1 15-ounce can white kidney (cannellini) beans, rinsed and drained
1 14 1/2-ounce can chicken broth	
1 14 1/2-ounce can diced tomatoes with basil, oregano, and garlic	2 tablespoons snipped fresh Italian parsley

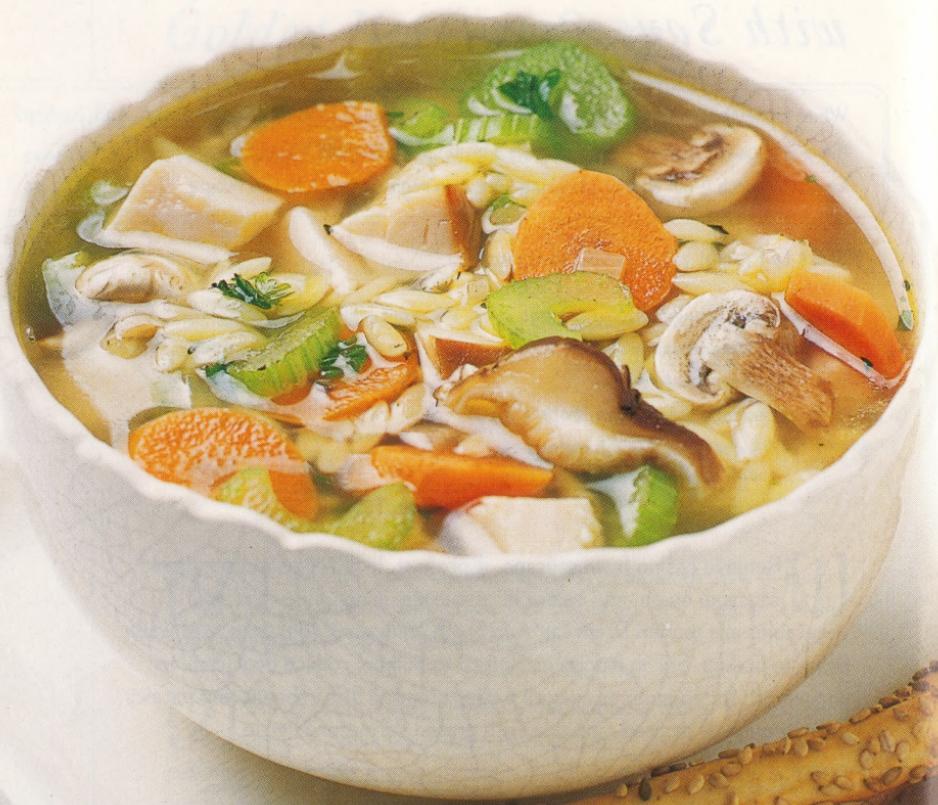
[1] Remove casing from sausage, if present. In a large saucepan cook sausage, onion, and celery until sausage is no longer pink and vegetables are tender. Drain fat. Add broth, undrained tomatoes, and water. Bring to boiling. Stir in macaroni. Return to boiling; reduce heat. Simmer, uncovered, for 15 minutes or until pasta is tender. Stir in beans and parsley; heat through. If desired, sprinkle with grated Parmesan cheese.

Nutrition Facts per serving: 306 cal., 12 g total fat (4 g sat. fat), 33 mg chol., 1,418 mg sodium, 35 g carbo., 7 g fiber, 20 g pro. **Daily Values:** 8% vit. A, 35% vit. C, 7% calcium, 19% iron

Freeze Your Assets

When freezing leftover soups and stews, keep these tips in mind:

- To freeze leftovers, first cool the hot food by placing it in a bowl set over another bowl filled with ice water. This lets the food cool more quickly, which is important.
- Transfer the food to freezer-safe containers. Use small, shallow containers to allow food to freeze more quickly, which slows bacteria growth.
- Soups and stews expand when they freeze, so leave about $\frac{3}{4}$ inch of space below rim.
- Thaw frozen foods in the refrigerator or microwave—never at room temperature.



Turkey and Mushroom Soup



If you can, seek out the less-common varieties of mushrooms, such as the meaty shiitake or the earthy porcini. They'll add an exotic richness to the soup. Accompany the soup with crisp breadsticks.

Start to Finish: 35 minutes

Servings: 4

2 cups sliced fresh mushrooms (such as crimini, shiitake, porcini, or button)	1 tablespoon instant chicken bouillon granules
1 stalk celery, thinly sliced	½ cup dried orzo pasta (rosamarina)
1 medium carrot, thinly sliced	1½ cups chopped cooked turkey
1 small onion, chopped	2 tablespoons snipped fresh parsley
1 tablespoon margarine or butter	1 teaspoon snipped fresh thyme

[1] In a large saucepan cook mushrooms, celery, carrot, and onion in hot margarine until crisp-tender. Add 4½ cups water, bouillon granules, and ¼ teaspoon pepper.

[2] Bring to boiling; stir in orzo. Return to boiling; reduce heat. Simmer, uncovered, 5 to 8 minutes or until orzo is tender but still firm. Stir in turkey, parsley, and thyme; heat.

Nutrition Facts per serving: 199 cal., 6 g total fat (2 g sat. fat), 40 mg chol., 767 mg sodium, 17 g carbo., 2 g fiber, 19 g pro. **Daily Values:** 63% vit. A, 10% vit. C, 4% calcium, 17% iron

Favorite Fungi

Here are just a few mushroom varieties that have become easier to find in the supermarkets the last few years:

- Shiitakes possess a rich, meaty flavor, though only the caps are used.
- Portobellos yield a deep mushroom flavor, have a large cap, and are velvety-brown.
- Crimini are cousins to the button mushroom, with a similar, though stronger, flavor.
- Chanterelles have a large, flowerlike cap, a golden to yellow-orange color, and a buttery flavor that's best shown off in simple recipes.
- Morels have an intense flavor and aroma, and look like an irregularly shaped sponge.

Turkey and Black Bean Chili

Think you've "bean there, done that" with chili? Try this variation. With black beans instead of red, and turkey instead of beef, it's a whole new stew.

Start to Finish: 45 minutes **Servings:** 6

1 pound turkey breast tenderloins or skinless, boneless chicken breast halves or thighs	2 tablespoons red wine vinegar
2 tablespoons cooking oil	1 tablespoon chili powder
1 cup chopped green sweet pepper	1 teaspoon dried oregano, crushed
1 cup chopped onion	1 teaspoon ground cumin
2 cloves garlic, minced	1/2 teaspoon salt
2 28-ounce cans tomatoes, cut up	1/4 teaspoon black pepper
2 15-ounce cans black beans or Great Northern beans, drained	1/4 teaspoon bottled hot pepper sauce
1 12-ounce can beer	1 bay leaf
	1 cup shredded Monterey Jack or cheddar cheese (4 ounces)

[1] Cut turkey into bite-size pieces. In a 4-quart Dutch oven heat 1 tablespoon of the oil. Cook half of the turkey in hot oil over medium heat until no longer pink; remove from pan. Repeat with remaining oil and turkey; remove turkey. Add green pepper, onion, and garlic to pan. Cook about 5 minutes or until vegetables are just tender; stir occasionally. Drain fat.

[2] Return turkey to pan. Add undrained tomatoes, beans, beer, vinegar, chili powder, oregano, cumin, salt, black pepper, hot pepper sauce, and bay leaf. Bring to boiling; reduce heat. Cover and simmer for 20 minutes or until turkey is tender, stirring occasionally. Discard bay leaf. Sprinkle cheese over each serving.

Nutrition Facts per serving: 358 cal., 12 g total fat (4 g sat. fat), 63 mg chol., 887 mg sodium, 32 g carbo., 10 g fiber, 34 g pro. Daily Values: 19% vit. A, 67% vit. C, 26% calcium, 21% iron

Creamy Chicken-Vegetable Soup

Some creamy soups start with a white sauce-like base. As easy as that is, we've made this recipe even easier by eliminating that step and using a refrigerated light Alfredo sauce instead.

Start to Finish: 30 minutes **Servings:** 4

- | | |
|---|---|
| 3 cups chicken broth | 1 10-ounce container refrigerated light Alfredo sauce |
| 2 medium carrots, thinly sliced | 1/4 cup chopped roasted red sweet peppers or one 4-ounce jar diced pimientos, drained |
| 2 stalks celery, thinly sliced | 1 tablespoon snipped fresh thyme |
| 1 cup chopped cooked chicken | |
| 1 small zucchini, thinly sliced (about 1 cup) | |
| 1/2 cup uncooked instant rice | |

[1] In a Dutch oven combine broth, carrots, and celery. Bring to boiling; reduce heat. Cover and simmer for 10 minutes.

[2] Stir in chicken, zucchini, and rice. Remove from heat. Cover and let stand about 5 minutes or until rice is tender. Stir in sauce, red peppers, and thyme; heat through.

Nutrition Facts per serving: 349 cal., 14 g total fat (7 g sat. fat), 65 mg chol., 1,286 mg sodium, 34 g carbo., 2 g fiber, 22 g pro. Daily Values: 99% vit. A, 49% vit. C, 16% calcium, 12% iron

Too Hot to Handle?

Because fresh chile peppers, such as jalapeños, contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. No gloves? Work with plastic bags over your hands. But, if your bare hands do touch the chile peppers, wash your hands thoroughly with soap and water.

Oxtail Ragout

Our forebears may truly have used the tail of an ox in their stews, but the oxtail you'll find at the supermarket these days is usually a tail of beef or veal. This bony, flavorful cut requires long, slow simmering. It's worth it—you'll love the richness oxtail brings to this hearty stew.

Prep: 30 minutes **Cook:** 1½ hours **Servings:** 5 or 6

2 tablespoons cooking oil	2 bay leaves
1 pound oxtails, cut into 1½- to 2-inch pieces (optional)	½ teaspoon salt
1 pound boneless beef short ribs (if omitting oxtails, use an additional 4 ounces boneless beef short ribs)	¼ to ½ teaspoon coarsely ground black pepper
2 14½-ounce cans beef broth (about 3½ cups)	1 pound carrots, peeled and cut into ¾-inch pieces
½ cup dry red wine or beef broth	1 pound rutabagas or turnips, peeled and cut into ¾-inch cubes
½ cup coarsely chopped shallots	1 cup coarsely chopped onion
4 cloves garlic, minced	½ cup all-purpose flour
	½ cup snipped fresh parsley

[1] In a 4- to 6-quart Dutch oven heat cooking oil. Brown oxtails and short ribs on all sides in hot oil. Drain fat. To avoid spattering, carefully add beef broth, wine, shallots, garlic, bay leaves, salt, and coarsely ground black pepper to meat in pan. Bring to boiling; reduce heat. Cover and simmer about 1 hour or until meat is nearly tender.

[2] Add carrots, rutabagas, and onion to meat mixture in pan. Return to boiling; reduce heat. Cover and simmer for 30 to 45 minutes more or until meat and vegetables are tender. Discard bay leaves. Remove meat; allow to cool slightly.

[3] Meanwhile, in a small mixing bowl stir ½ cup cold water into the flour until smooth (or shake together in a screw-top jar). Stir into pan. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Cut meat into bite-size pieces, discarding any bones. Return meat to pan; heat through. Stir in snipped parsley. If desired, season to taste with additional salt and pepper and serve meat and vegetables over hot cooked couscous.





Hamburger-Vegetable Soup

Looking for a new way to serve always easy, always satisfying ground beef? Try this family favorite—it's quick, studded with colorful vegetables, and low fat, to boot.

Prep: 20 minutes

Cook: 15 minutes

Servings: 6

1 pound ground beef or
ground pork
½ cup chopped onion
½ cup chopped green sweet pepper
4 cups beef broth
1 cup frozen whole kernel corn
1 7½-ounce can tomatoes, cut up
½ of a 9-ounce package frozen
lima beans

½ cup chopped, peeled potato or
½ cup loose-pack frozen
hash brown potatoes
1 medium carrot, cut into
matchstick-size strips
1 tablespoon snipped fresh basil
or 1 teaspoon dried basil,
crushed
1 teaspoon Worcestershire sauce
1 bay leaf

[1] In a large saucepan cook beef, onion, and sweet pepper until meat is brown and onion is tender. Drain fat. Stir in broth, corn, undrained tomatoes, lima beans, potato, carrot, basil, Worcestershire sauce, bay leaf, and ½ teaspoon black pepper.

[2] Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or until vegetables are tender. Discard bay leaf. Ladle into bowls.

Nutrition Facts per serving: 243 cal., 10 g total fat (4 g sat. fat), 48 mg chol., 652 mg sodium, 17 g carbo., 3 g fiber, 20 g pro. Daily Values: 33% vit. A, 60% vit. C, 3% calcium, 18% iron

Good Bets for Broth

When you don't have time to make broth from scratch, choose from one of these:

- Canned broths: Some brands of canned chicken or beef broth can be used straight from the can. However, others are condensed and need diluting.
- Instant bouillon granules or cubes make an easy, quick broth: For 1 cup, dissolve 1 teaspoon of granules or one cube in 1 cup of hot water. Beef, chicken, fish, or vegetable flavors are available.

Basil Beef Stew

It's amazing how much time a soup mix can shave off your dinnertime preparation. Amazing, too, is the windfall of fresh flavor a sprinkling of snipped basil brings to a stew. Convenience from the soup mix and freshness from the fresh herb? Talk about the best of both worlds!

Prep: 20 minutes **Cook:** 1½ hours **Servings:** 6 to 8

1 2-pound boneless beef chuck roast	1½ cups packaged, peeled baby carrots
¼ cup all-purpose flour	1 2.4-ounce envelope tomato-basil soup mix
½ teaspoon seasoned salt	2 cups water
2 tablespoons margarine or butter	1 large tomato, chopped
1 pound tiny new potatoes, quartered	2 tablespoons snipped fresh basil
2 cups whole fresh mushrooms, halved	

[1] Trim fat from beef. Cut beef into 1½-inch pieces. Place flour and seasoned salt in a plastic bag. Add beef pieces, a few at a time, shaking to coat. In a 4-quart Dutch oven melt margarine over medium-high heat. Brown beef, half at a time, in hot margarine. Drain fat. Return all of the meat to the Dutch oven.

[2] Add potatoes, mushrooms, and carrots. Sprinkle with soup mix; stir in water. Bring to boiling; reduce heat. Cover and simmer for 1½ hours or until meat and vegetables are tender. Stir in tomato and basil; heat through.

Nutrition Facts per serving: 444 cal., 16 g total fat (5 g sat. fat), 110 mg chol., 716 mg sodium, 33 g carbo., 3 g fiber, 40 g pro. Daily Values: 94% vit. A, 31% vit. C, 3% calcium, 43% iron

To Make Ahead: Prepare stew, simmering until meat, potatoes, and carrots are tender. Transfer to a bowl. Cool quickly; cover and chill up to 24 hours. To serve, return to Dutch oven and bring to boiling, stirring occasionally. Stir in fresh tomato and basil; heat through.



Spicy Shrimp Gazpacho

You may have had gazpacho before, but sweet shrimp and fragrant peaches or nectarines give this version of summer's favorite soup a definite edge!

Prep: 20 minutes **Chill:** 2 to 24 hours **Servings:** 4 to 6

- | | |
|--|--|
| 2 cups chopped, peeled tomatoes | 2 tablespoons lime juice |
| 2 cups tomato juice | 2 tablespoons tequila (optional) |
| 1 cup beef broth or vegetable broth | 1 clove garlic, minced |
| 2 medium peaches or nectarines,
peeled and chopped
(1½ cups) | 1 teaspoon sugar |
| ½ cup chopped, seeded cucumber | Several dashes bottled hot
pepper sauce |
| ¼ cup sliced green onions | 1 8-ounce package frozen, peeled,
cooked shrimp, thawed |
| ¼ cup snipped fresh cilantro | |
| 2 medium fresh jalapeño peppers,
seeded and finely chopped
(see tip, page 9) | |

[1] In a large mixing bowl stir together the tomatoes, tomato juice, broth, peaches, cucumber, green onions, cilantro, jalapeño peppers, lime juice, tequila (if desired), garlic, sugar, and bottled hot pepper sauce. Cover and chill mixture for 2 to 24 hours.

[2] Just before serving, stir in shrimp. If desired, garnish with a cilantro sprig and a few additional cooked shrimp threaded onto a bamboo skewer.

Nutrition Facts per serving: 153 cal., 1 g total fat (0 g sat. fat), 111 mg chol., 761 mg sodium, 23 g carbo., 4 g fiber, 15 g pro. **Daily Values:** 24% vit. A, 78% vit. C, 4% calcium, 22% iron





Caribbean Clam Chowder

With clams, onion, celery, tomatoes, and thyme, this version has its roots in the time-honored Eastern Seaboard tradition. But we've also added sweet potatoes, chile peppers, and lime juice for extra interest.

Start to Finish: 35 minutes **Servings:** 4

$\frac{1}{2}$ pint shucked clams or one 6½-ounce can minced clams	2 cloves garlic, minced
2 cups peeled and cubed sweet potatoes (1 to 2 medium)	1½ teaspoons snipped fresh thyme or $\frac{1}{2}$ teaspoon dried thyme, crushed
$\frac{1}{2}$ cup chopped onion	1 10-ounce can chopped tomatoes and green chile peppers
1 stalk celery, chopped	
$\frac{1}{4}$ cup chopped red sweet pepper	1 tablespoon lime juice

[1] Drain clams, reserving juice. Add enough water to clam juice to make 2½ cups liquid. If using fresh clams, chop clams; set aside.

[2] In a large saucepan bring the clam liquid to boiling. Stir in sweet potatoes, onion, celery, sweet pepper, garlic, and dried thyme (if using). Return to boiling; reduce heat. Cover and simmer about 10 minutes or until sweet potatoes are tender.

[3] Mash mixture slightly with a potato masher. Stir in clams, undrained tomatoes, lime juice, and fresh thyme (if using). If desired, stir in 1 tablespoon dark rum. Return to boiling; reduce heat. Cook for 1 to 2 minutes more.

Nutrition Facts per serving: 128 cal., 1 g total fat (0 g sat. fat), 19 mg chol., 337 mg sodium, 22 g carbo., 3 g fiber, 9 g pro. **Daily Values:** 141% vit. A, 66% vit. C, 6% calcium, 57% iron



Fish and Vegetable Chowder

We borrowed the idea of a Manhattan-style clam chowder (that's the tomato-based one), but substituted fish for the clams. Enjoy it with a slice of crusty, country-style bread.

Prep: 15 minutes **Cook:** 25 minutes **Servings:** 4

12 ounces fresh or frozen skinless cod or sea bass	1 14½-ounce can diced tomatoes
4 slices bacon, cut into 1-inch pieces	½ cup chopped carrot
½ cup chopped onion	½ cup sliced celery
2 cups chopped peeled potatoes	2 teaspoons dried Italian seasoning, crushed
1 14½-ounce can chicken broth	⅛ to ¼ teaspoon ground red pepper

[1] Thaw fish, if frozen. Cut into 1-inch pieces. Cover and refrigerate until needed. In a large saucepan cook bacon over medium heat until crisp. Drain fat, reserving 1 tablespoon drippings in pan with bacon. Cook onion in drippings until tender. Stir in potatoes, broth, undrained tomatoes, carrot, celery, Italian seasoning, and ground red pepper. Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or until potatoes are tender.

[2] Gently stir in fish. Return to boiling; reduce heat. Simmer the chowder, uncovered, for 3 to 5 minutes more or until fish flakes easily when tested with a fork. If desired, stir in 2 tablespoons dry sherry.

Nutrition Facts per serving: 214 cal., 5 g total fat (1 g sat. fat), 38 mg chol., 743 mg sodium, 23 g carbo., 3 g fiber, 20 g pro. **Daily Values:** 47% vit. A, 43% vit. C, 5% calcium, 13% iron

Sandwiches & Salads



Steak with Italian Green Sauce

Tuck steak, red onion, red sweet pepper, and yellow summer squash into a pita, then drizzle with an Italian-style sauce of parsley leaves, lemon juice, and capers for a pocketful of color and freshness.

Start to Finish: 35 minutes **Servings:** 6 ($\frac{1}{2}$ sandwich per serving) **Oven:** 300°

3 large pita bread rounds, halved crosswise	2 medium red sweet peppers, cut into strips
3 tablespoons olive oil	2 medium yellow summer squash, sliced
$\frac{1}{2}$ cup packed fresh parsley leaves	12 ounces boneless sirloin steak, trimmed of fat, if necessary, and cut into thin strips
1 tablespoon lemon juice	4 thin slices red onion, separated into rings
1 tablespoon capers, drained	
1 clove garlic, minced	
$\frac{1}{2}$ teaspoon Dijon-style mustard	
1 tablespoon olive oil	

[1] Wrap the pita bread rounds in foil. Bake in a 300° oven about 10 minutes or until heated through.

[2] Meanwhile, in a blender container combine the 3 tablespoons olive oil, the parsley, lemon juice, capers, half of the garlic, and the Dijon-style mustard. Cover and blend until smooth, scraping sides of container as necessary. Add water, 1 teaspoon at a time, if necessary, to make sauce pourable. Season to taste with salt and pepper; set aside.

[3] Pour the 1 tablespoon olive oil into a wok or very large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Cook and stir remaining garlic, red sweet pepper, and squash in hot oil for 1 to 2 minutes or until vegetables are crisp-tender. Remove from wok. Add the beef to hot wok. Cook and stir for 2 to 3 minutes or to desired doneness. Return vegetables to wok and heat through.

[4] To serve, fill each pita half with beef and vegetable mixture; top with onion rings. Pass the green sauce.

Nutrition Facts per serving: 285 cal., 15 g total fat (3 g sat. fat), 38 mg chol., 251 mg sodium, 22 g carbo., 1 g fiber, 16 g pro. Daily Values: 22% vit. A, 87% vit. C, 4% calcium, 18% iron

Roast Beef and Red Pepper Sandwiches

Two great features of this colorful, varied sandwich are that it keeps well when wrapped and chilled, and it's easy to tote. Think of it on picnic-perfect days—or on those less-than-perfect days when everyone is eating at different times.

Start to Finish: 25 minutes **Servings:** 12 ($\frac{1}{2}$ sandwich per serving)

$\frac{1}{3}$ cup light mayonnaise dressing or mayonnaise	1 12-ounce jar roasted red sweet peppers, drained and cut into $\frac{1}{4}$ -inch-wide strips
$\frac{1}{3}$ cup Dijon-style mustard	6 ounces thinly sliced Monterey Jack cheese
2 to 4 tablespoons prepared horseradish	2 cups fresh watercress, tough stems removed
6 6- to 7-inch Italian bread shells (Boboli) or Italian flatbreads (focaccia)	2 cups fresh spinach
12 ounces thinly sliced cooked roast beef	

[1] In a small bowl combine the mayonnaise dressing, Dijon-style mustard, and horseradish. Using a serrated knife, slice the bread shells in half horizontally.

[2] For each sandwich, spread one side of bread shell with mayonnaise mixture. Top each with roast beef, roasted red peppers, Monterey Jack cheese, watercress, spinach, and remaining half of bread. To serve, slice each sandwich in half.

Nutrition Facts per serving: 303 cal., 14 g total fat (4 g sat. fat), 41 mg chol., 656 mg sodium, 27 g carbo., 2 g fiber, 20 g pro. **Daily Values:** 18% vit. A, 65% vit. C, 15% calcium, 17% iron

To Make Ahead: Prepare sandwiches. Cut each sandwich in half and wrap in plastic wrap. Chill in the refrigerator for up to 24 hours.

To Tote: Pack wrapped sandwiches with an ice pack in an insulated cooler.

Focaccia Facts

A little like a lightly topped pizza without the sauce, focaccia is a much-loved Italian flatbread from the coastal region of Liguria.

Generally you'll find the best focaccia at artisanal or Italian bakeries; however, your grocery store may make its own version.

Hearty Stromboli

Traditionally a warm pepperoni-and-cheese sandwich wrapped in pizza dough, this Philadelphia classic shows up all over the country in a variety of versions. Refrigerated pizza dough simplifies our recipe, while olives, pepper, and spinach add additional flavors and textures.

Prep: 20 minutes **Bake:** 25 minutes **Stand:** 10 minutes

Servings: 4 to 6 **Oven:** 375°

- | | |
|--|---|
| 1 10-ounce package refrigerated
pizza dough | ¼ cup kalamata olives, pitted
and chopped |
| 4 ounces thinly sliced ham | ½ cup chopped yellow, red,
or green sweet pepper |
| 1 cup shredded mozzarella cheese
(4 ounces) | 1 beaten egg |
| 4 ounces thinly sliced Genoa salami | |

[1] Lightly brush a baking sheet with 2 teaspoons olive oil; sprinkle with 1 tablespoon cornmeal. Set aside. On a lightly floured surface, carefully stretch or roll the pizza dough into a 13×10-inch rectangle. Layer evenly, one at a time, the ham, half of the mozzarella cheese, 1 cup torn spinach (if desired), salami, remaining mozzarella cheese, olives, and sweet pepper, to about ½-inch from edges. Roll up, starting from a long side. Seal the seam and ends by pinching the dough with your fingers.

[2] Transfer loaf to prepared baking sheet. Brush with beaten egg. Using a sharp knife, cut slits in top for steam to escape. Bake in a 375° about 25 minutes or until golden brown. Let stand 10 minutes. To serve, slice loaf into serving-size pieces.

Nutrition Facts per serving: 471 cal., 23 g total fat (8 g sat. fat), 107 mg chol., 1613 mg sodium, 38 g carbo., 1 g fiber, 27 g pro. **Daily Values:** 7% vit. A, 35% vit. C, 16% calcium, 17% iron

S a n d w i c h S e r v e - A l o n g s

Some sandwiches are so full of variety, they hardly need a side dish. Still, if you're looking for something beyond a pickle spear and potato chips to accompany your creation, consider these swift sides:

- Spear chunks of in-season fresh fruits onto wooden skewers for fun, colorful kabobs.
- You can't go wrong with soups—especially in winter. Keep your favorite canned varieties on hand.

Pork Tenderloin Sandwiches

With fresh-tasting Jicama Coleslaw topping the ever-popular pork tenderloin, this hearty sandwich is the sort of twist-on-the-classic that you'd expect to find at contemporary brew pubs across the country.

Prep: 35 minutes (sandwiches), 20 minutes (coleslaw)

Chill: 2 hours (coleslaw) **Servings:** 4

12 ounces pork tenderloin	2 tablespoons cooking oil
3 tablespoons all-purpose flour	4 slices Muenster cheese
$\frac{1}{4}$ teaspoon onion powder or garlic powder	4 kaiser rolls, sourdough rolls, or large buns, split and toasted (see tip, page 29)
$\frac{1}{4}$ teaspoon ground red pepper	
$\frac{1}{4}$ teaspoon black pepper	1 recipe Jicama Coleslaw

[1] Cut pork crosswise into four pieces. Place one pork piece between two pieces of clear plastic wrap. Working from the center, pound lightly with the flat side of a mallet to $\frac{1}{4}$ -inch thickness. Remove plastic wrap. Repeat with remaining pork pieces.

[2] In a shallow dish combine flour, onion powder, ground red pepper, and black pepper. Dip meat into the flour mixture to coat. In a very large skillet heat oil. Cook pork in hot oil over medium heat for 6 to 8 minutes or until no pink remains and juices run clear, turning once. (If all slices won't fit in skillet, fry in two batches, adding additional oil if necessary.)

[3] To serve, place the Muenster cheese slices and pork on bottom halves of rolls. If desired, top with red onion slices, about $\frac{1}{4}$ cup of the Jicama Coleslaw, and the roll tops. Serve additional Jicama Coleslaw as a side dish. If desired, pass mustard, catsup, green onions, and/or dill pickle slices.

Jicama Coleslaw: In a screw-top jar combine 3 tablespoons vinegar, 3 tablespoons salad oil, 1 tablespoon honey, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon black pepper, and several dashes bottled hot pepper sauce (if desired). Cover and shake well. In a salad bowl combine 4 cups of 2-inch-long matchlike strips peeled jicama, 1 cup shredded red or green cabbage, 1 cup shredded carrots, and $\frac{1}{4}$ cup thinly sliced green onions. Pour dressing over vegetable mixture, tossing to coat. Cover and chill for 2 to 24 hours.



Grilled Chicken Mole Sandwiches

Mole (pronounced MO-lay) means mixture. Traditionally this Mexican-Indian sauce base includes ground roasted pumpkin seeds, onions, herbs, and two or more types of chiles. Our version is a little simpler. If your supermarket doesn't have all the ingredients, locate an Hispanic grocery store in your area.

Prep: 25 minutes **Chill:** 30 minutes **Grill:** 12 minutes **Servings:** 4

- | | |
|---|---|
| 3 dried New Mexico peppers or
dried pasilla peppers
(see tip, page 9) | 1 small avocado, halved, seeded,
peeled, and mashed |
| 1/4 cup chopped onion | 2 tablespoons light mayonnaise
dressing |
| 3 cloves garlic, chopped | 2 bolitos, bollilos, or other
Mexican rolls or hard rolls,
approximately 6 inches in
diameter, split |
| 1 tablespoon cooking oil | Baby romaine or other
green lettuce leaves,
and tomato slices |
| 1 1/2 ounces Mexican-style sweet
chocolate or semisweet
chocolate, chopped (about
3 tablespoons) | 1/2 of a medium papaya, peeled,
seeded, and sliced |
| 4 large skinless, boneless chicken
breast halves | |

[1] For mole, remove stems and seeds from dried peppers. Coarsely chop peppers; set aside. Cook onion and garlic in hot oil over medium-high heat until onions are brown. Add dried peppers and 1/2 cup water; reduce heat and stir in chocolate. Cook and stir over medium heat until thickened and bubbly. Cool slightly. Transfer pepper mixture to a food processor bowl or blender container. Cover and process or blend until a smooth paste. Set aside to cool. Reserve 1 to 2 tablespoons mole.

[2] Using a sharp knife, carefully butterfly-cut each chicken breast by cutting a slit horizontally two-thirds of the way through. Open each breast piece and spread inside of each with mole; fold closed. Rub outside of each breast with reserved mole. Grill chicken breasts on rack of an uncovered grill directly over medium coals 12 to 15 minutes or until tender and no longer pink, turning once halfway through. Cover; chill.

[3] Stir together avocado, mayonnaise, and 1/8 teaspoon salt. Slice the chicken into 1/2-inch slices. Spread avocado mixture onto rolls; layer with chicken slices, romaine, and tomato slices. Garnish with papaya slices. Serve sandwiches open-faced.

[24]

Sandwiches
& Salads

Nutrition Facts per serving: 524 cal., 24 g total fat (6 g sat. fat), 59 mg chol., 448 mg sodium, 52 g carbo., 7 g fiber, 28 g pro. Daily Values: 8% vit. A, 120% vit. C, 7% calcium, 25% iron

Chicken and Pear Monte Cristo

Like any Monte Cristo deserving of its opulent name, this batter-dipped, golden brown sandwich oozes with melted cheese. But in our version, fresh pears add a particularly regal touch. A light salad with a cucumber dressing would provide a terrific contrast.

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350°

Servings: 8 (2 triangles per serving)

- 4 to 6 teaspoons prepared horseradish
- 8 thick slices firm-textured white bread
- 8 thin slices mozzarella cheese
- 8 thin slices fully cooked chicken or turkey breast (12 ounces)

- 1 to 2 medium pears, cored, peeled, and thinly sliced
- 2 beaten eggs
- 2/3 cup half-and-half, light cream, or whipping cream

[1] Spread 1 to 1½ teaspoons horseradish on one side of half of the bread slices. Top each with a slice of cheese, a slice of chicken, and several pear slices. Add another slice of cheese and a slice of chicken. Top with a slice of bread.

[2] Meanwhile, in a shallow dish combine eggs and half-and-half. Dip both sides of sandwiches in egg mixture, allowing each side of sandwiches to stand 10 seconds until egg mixture is absorbed. Place sandwiches in a greased 15×10×1½-inch baking pan. Bake in a 350° oven for 15 minutes. Carefully turn sandwiches over; bake about 10 minutes more or until bread is golden and cheese is just melted. To serve, slice each sandwich into four triangles.

Nutrition Facts per serving: 321 cal., 16 g total fat (8 g sat. fat), 116 mg chol., 428 mg sodium, 19 g carbo., 1 g fiber, 26 g pro. **Daily Values:** 13% vit. A, 2% vit. C, 27% calcium, 9% iron

Perfect Pears

Juicy, ripe pears are great not only for snacking out of hand, but they add a honey-sweet flavor and, if left unpeeled, a lovely color to recipes. While often thought of as a fall and winter fruit, numerous varieties and extended growing seasons mean pears of all sizes and colors can be plucked practically year-round from supermarket shelves.

Thai Chicken Wraps

Thanks to quick-cooking chicken, convenient broccoli slaw mix, and an easy peanut sauce, 25 minutes is all it takes to wrap up a dinner bursting with intriguing flavors of the Pacific Rim.

Start to Finish: 25 minutes **Servings:** 6 **Oven:** 350°

- | | |
|--|---|
| 6 8- to 10-inch green, red, and/or plain flour tortillas | 4 cups packaged shredded broccoli (broccoli slaw mix) |
| ½ teaspoon garlic salt | 1 medium red onion, cut into thin wedges |
| ¼ to ½ teaspoon black pepper | 1 teaspoon grated fresh ginger |
| 12 ounces skinless, boneless chicken breast strips for stir-frying | 1 recipe Peanut Sauce |
| 1 tablespoon cooking oil | |

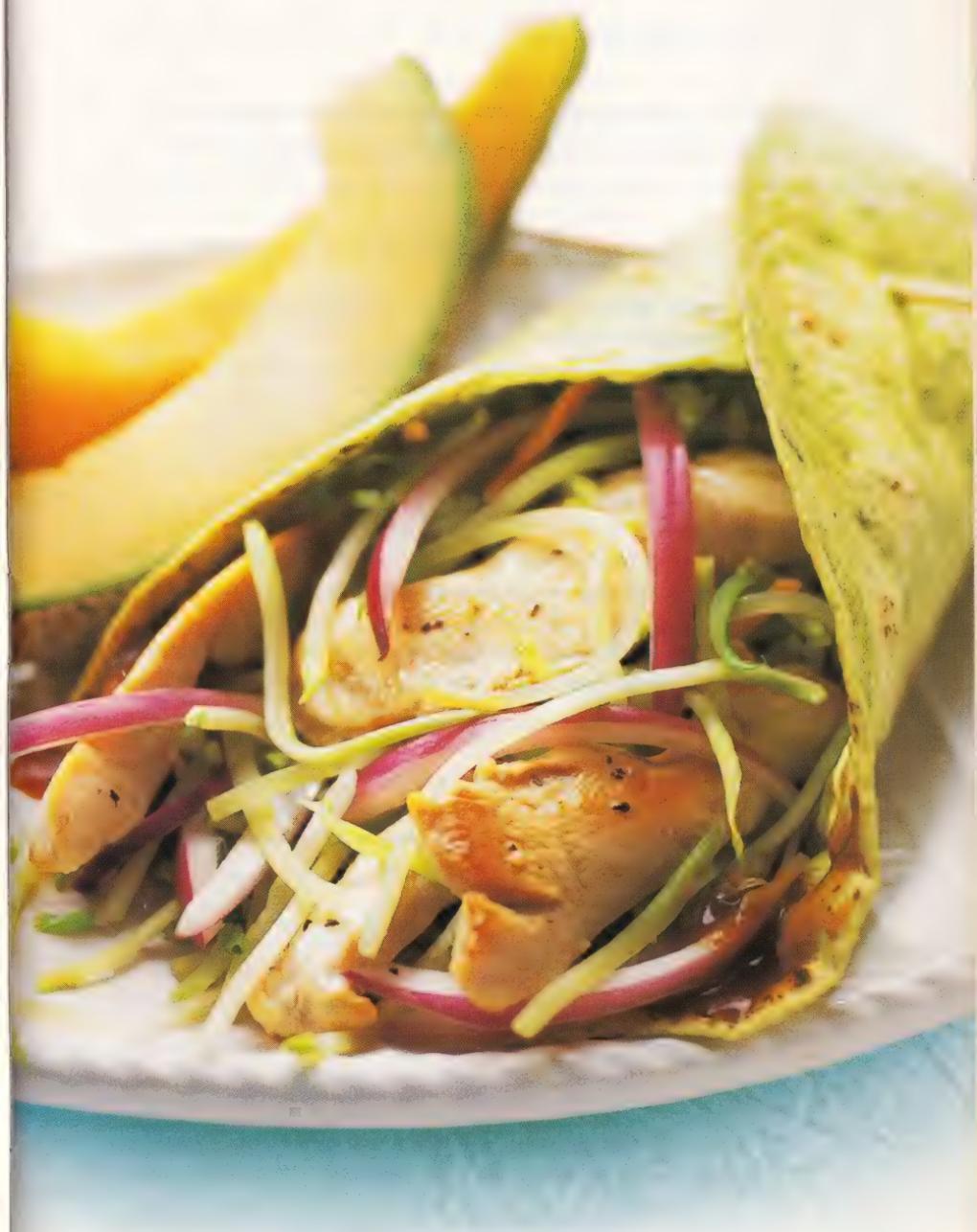
[1] Wrap tortillas in foil. Bake in a 350° oven about 10 minutes or until heated and softened. Meanwhile, in a medium mixing bowl combine garlic salt and pepper. Add chicken, tossing to coat evenly.

[2] In a large skillet heat oil. Cook and stir seasoned chicken in hot oil over medium-high heat for 2 to 3 minutes or until no longer pink. Remove chicken from skillet; keep warm. Add broccoli, onion, and ginger to skillet. Cook and stir for 2 to 3 minutes or until vegetables are crisp-tender. Remove from heat.

[3] To assemble, spread each tortilla with about 1 tablespoon Peanut Sauce. Top with chicken strips and vegetable mixture. Roll up each tortilla, securing with a wooden toothpick. Serve immediately with remaining Peanut Sauce.

Peanut Sauce: In a small saucepan combine ¼ cup sugar, ¼ cup creamy peanut butter, 3 tablespoons soy sauce, 3 tablespoons water, 2 tablespoons cooking oil, and 1 teaspoon bottled minced garlic. Heat until sugar is dissolved, stirring frequently.

Nutrition Facts per serving: 330 cal., 16 g total fat (3 g sat. fat), 30 mg chol., 911 mg sodium, 30 g carbo., 3 g fiber, 17 g pro. **Daily Values:** 3% vit. A, 39% vit. C, 4% calcium, 11% iron





Turkey and Chutney Sandwiches

Chutney, an East Indian relish often made of mangoes, tamarinds, raisins, and spices, is traditionally served alongside curries or meats. It also makes a great sandwich spread when combined with mayonnaise. Serve this sandwich now or later—it keeps well up to 24 hours.

Start to Finish: 25 minutes **Servings:** 12 ($\frac{1}{2}$ sandwich per serving)

3 medium carrots	12 ounces thinly sliced cooked turkey
$\frac{1}{2}$ cup chutney, snipped	6 ounces thinly sliced smoked Gouda cheese
$\frac{1}{3}$ cup light mayonnaise dressing or mayonnaise	6 large romaine leaves
6 6- or 7-inch Italian bread shells (Boboli) or Italian flatbreads (focaccia)	6 fresh tarragon sprigs

[1] Peel carrots. Using a vegetable peeler, carefully cut carrots into long, thin ribbons. Place in cold water to crisp; set aside.

[2] In a small bowl stir together the chutney and light mayonnaise dressing. Using a serrated knife, slice bread shells or flatbreads in half horizontally.

[3] For each sandwich, spread a cut side of bread shell with mayonnaise mixture. Top with the turkey, Gouda cheese, a romaine leaf, carrot ribbons, a fresh tarragon sprig, and the remaining half of the bread. To serve, slice each sandwich in half.

Nutrition Facts per serving: 283 cal., 10 g total fat (3 g sat. fat), 29 mg chol., 818 mg sodium, 34 g carbo., 2 g fiber, 16 g pro. Daily Values: 55% vit. A, 5% vit. C, 14% calcium, 11% iron

To Make Ahead: Prepare sandwiches. Cut each sandwich in half and wrap in plastic wrap. Chill in the refrigerator for up to 24 hours.

To Tote: Pack wrapped sandwiches with an ice pack in an insulated cooler.

Grilled Fish Sandwiches

Name your pleasure! Choose from lemon-pepper, Cajun, or Jamaican jerk seasonings to rub onto the fish. Present it on focaccia for worldly appeal, or keep it simple with hamburger buns, and garnish as you like.

Prep: 15 minutes **Grill:** 8 minutes **Servings:** 4

4 fresh or frozen fish fillets (about 4 ounces each)	1 to 3 teaspoons honey
1 tablespoon lemon or lime juice	4 slices Italian flatbread (focaccia) or 4 hamburger buns or kaiser rolls, split and toasted (see tip, below)
1 teaspoon lemon-pepper seasoning, Jamaican jerk seasoning, or Cajun seasoning	Watercress or lettuce leaves (optional)
½ cup mayonnaise or salad dressing	Roasted red sweet pepper strips or tomato slices (optional)
4 teaspoons Dijon-style mustard	

[1] Thaw fish, if frozen. Brush fish fillets with lemon. Rub desired seasoning evenly onto all sides of fish. Place the seasoned fish fillets in a well-greased wire grill basket. Grill in the wire basket on an uncovered grill directly over medium coals for 4 to 6 minutes for each $\frac{1}{2}$ -inch thickness of fish or just until fish begins to flake easily with a fork.

[2] Meanwhile, for spread, in a small mixing bowl stir together mayonnaise, Dijon-style mustard, and honey to taste.

[3] To serve, spread cut sides of focaccia with spread. Top bottom halves of focaccia slices with watercress (if desired), the fish, additional spread, roasted red pepper strips or tomato slices (if desired), and top halves of focaccia slices.

Nutrition Facts per serving: 311 cal., 14 g total fat (2 g sat. fat), 51 mg chol., 676 mg sodium, 24 g carbo., 1 g fiber, 22 g pro. Daily Values: 2% vit. A, 4% vit. C, 3% calcium, 10% iron

Toasting Tips

Toasting sandwich buns adds a little crunch to the meal. The easiest way to toast rolls and hoagies is in a toaster oven; however, you can also use your broiler. Simply place, cut side up, on the unheated rack of a broiler pan and broil 4 to 5 inches from heat for 1 to 2 minutes, or until golden brown.



Warm Chicken Salad with Oranges and Almonds

With its enticing colors and irresistible mix of fruity-sweet flavor and vinegar tang, this salad is perfect special-luncheon fare. For added crunch, serve topped with croutons.

Start to Finish: 20 minutes **Servings:** 4

2 medium oranges	1 tablespoon olive oil
6 cups torn romaine	½ cup orange juice
1 medium red sweet pepper, cut into bite-size strips	1 tablespoon red wine vinegar
½ of a small red onion, halved and thinly sliced	1 tablespoon olive oil
½ cup slivered or sliced almonds, toasted	1 teaspoon Dijon-style mustard
1 pound skinless, boneless chicken breast strips for stir-frying or 1 pound skinless, boneless chicken breast halves, cut into thin bite-size strips	Coarsely ground black pepper

[1] Peel oranges. Cut into $\frac{1}{4}$ -inch slices; quarter each orange slice. In a large salad bowl toss together orange slices, romaine, sweet pepper, onion, and almonds. Set aside.

[2] Season chicken with salt and black pepper. In a large skillet heat oil. Cook and stir chicken in hot oil for 4 to 5 minutes or until no longer pink. Remove skillet from heat. Toss chicken with mixture in salad bowl. Divide salad among four dinner plates.

[3] Stir orange juice and vinegar into the hot skillet, scraping up any brown bits in the skillet. Whisk in 1 tablespoon olive oil and Dijon-style mustard. Serve salad with warm dressing. Season to taste with coarsely ground black pepper.

Nutrition Facts per serving: 310 cal., 16 g total fat (2 g sat. fat), 59 mg chol., 161 mg sodium, 17 g carbo., 5 g fiber, 26 g pro. Daily Values: 45% vit. A, 169% vit. C, 8% calcium, 15% iron

Thai Cobb Salad

Next time you grill out, sizzle up some extra meat with this salad in mind. With its refreshing mix of cubed avocado, peanuts, and a spicy ginger-soy dressing, the recipe will transform leftovers into an entirely different dinner experience.

Start to Finish: 25 minutes **Servings:** 4

$\frac{1}{2}$ cup bottled fat-free Italian salad dressing	$1\frac{1}{2}$ cups coarsely chopped cooked pork, beef, or chicken (8 ounces)
1 tablespoon soy sauce	1 avocado, halved, seeded, peeled, and cut into $\frac{1}{2}$ -inch pieces
1 to $1\frac{1}{2}$ teaspoons grated fresh ginger	1 cup coarsely shredded carrots
$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon crushed red pepper	$\frac{1}{4}$ cup fresh cilantro leaves
8 cups torn mixed salad greens*	$\frac{1}{4}$ cup thinly sliced green onions

[1] For dressing, in a large bowl combine Italian salad dressing, soy sauce, ginger, and crushed red pepper. Add salad greens, tossing lightly to coat.

[2] Arrange salad greens on a serving platter. Top greens with meat, avocado, carrots, cilantro, green onions, and, if desired, $\frac{1}{4}$ cup honey-roasted peanuts.

***Note:** To carry through with the Asian flavors, include Chinese cabbage as part of the torn mixed salad greens.

Nutrition Facts per serving: 255 cal., 15 g total fat (4 g sat. fat), 52 mg chol., 743 mg sodium, 11 g carbo., 4 g fiber, 19 g pro. Daily Values: 86% vit. A, 19% vit. C, 3% calcium, 13% iron

Proceed Gingerly!

Loved for its hot flavor and sprightly aroma, fresh ginger is also surprisingly easy to keep on hand. For long-term storage, immerse slices of peeled ginger in dry sherry or wine and refrigerate up to 3 months. And it lasts almost indefinitely when frozen. To freeze, place an unpeeled piece of ginger in a freezer bag. You can grate or slice ginger while it's frozen.



Mexican Fiesta Salad

Often salads require last-minute preparation. Not this one. Though you can serve it immediately, it will also keep for 24 hours. Why not stir it up this morning and enjoy it for a fuss-free supper tonight?

Start to Finish: 30 minutes **Servings:** 4

2 cups dried penne or rotini pasta	1 15-ounce can black beans, rinsed and drained
½ cup frozen whole kernel corn	1 cup chopped Roma tomatoes
½ cup light dairy sour cream	1 cup chopped zucchini
½ cup mild or medium chunky salsa	½ cup shredded sharp cheddar cheese (2 ounces)
1 tablespoon snipped fresh cilantro	
1 tablespoon lime juice	

[1] Cook pasta according to package directions, adding the corn the last 5 minutes of cooking. Drain pasta and corn. Rinse with cold water; drain again.

[2] Meanwhile, for dressing, in a small bowl stir together sour cream, salsa, cilantro, and lime juice. Set dressing aside.

[3] In a large salad bowl combine pasta mixture, black beans, Roma tomatoes, zucchini, and cheddar cheese. Pour dressing over pasta mixture, tossing lightly to coat.

Nutrition Facts per serving: 373 cal., 9 g total fat (4 g sat. fat), 19 mg chol., 470 mg sodium, 61 g carbo., 7 g fiber, 20 g pro. Daily Values: 15% vit. A, 36% vit. C, 15% calcium, 23% iron

To Make Ahead: Prepare salad, except do not add tomatoes. Cover and chill for up to 24 hours. After chilling, if necessary, stir in enough milk to make desired consistency. Stir in tomatoes just before serving.

To Tote: Transfer salad to a bowl with a lid. Pack on ice in an insulated cooler.

Meat



Herbed Beef Pinwheels

These pinwheels are a take on “brasciole,” a vegetable-stuffed meat roll much loved in Italy. Here we’ve transformed this continental classic into an American one-dish meal by roasting the potatoes and onions right alongside the meat.

Prep: 25 minutes **Bake:** 1/4 hours **Servings:** 4 **Oven:** 350°

1 1- to 1 1/4-pound beef flank steak	1/4 teaspoon salt
2 tablespoons olive oil or cooking oil	1/8 teaspoon black pepper
2 medium leeks, sliced (2/3 cup total)	2 Yukon gold potatoes, cut into eighths
2 cloves garlic, minced	1 large onion, cut into thin wedges
3 tablespoons snipped fresh basil	1 14 1/2-ounce can diced tomatoes with basil, oregano, and garlic

[1] Score meat by making shallow diagonal cuts at 1-inch intervals in a diamond pattern on both sides. Place between two pieces of plastic wrap. Working from center to edges, use flat side of meat mallet to pound steak into a 12×8-inch rectangle. Remove wrap; set aside.

[2] In a large skillet heat 1 tablespoon of the oil over medium-high heat. Add leeks and garlic. Cook 3 to 5 minutes or until leek is tender. Stir in basil, salt, and pepper. Remove from heat. Spread leek mixture evenly on one side of steak. Starting at a short end, tightly roll up meat into a spiral. Tie string around steak in four evenly spaced places. In same large skillet heat remaining oil over medium-high heat. Brown meat on all sides in the hot oil. Transfer meat to a 2-quart rectangular baking dish.

[3] Arrange potatoes and onion wedges around meat in dish. Pour undrained tomatoes over beef and vegetables. Bake, uncovered, in a 350° oven for 1/4 to 1/2 hours or until beef is tender. Transfer meat to a cutting board. Cut into serving-size pieces. Remove string. Serve with vegetables.

Nutrition Facts per serving: 355 cal., 15 g total fat (4 g sat. fat), 53 mg chol., 722 mg sodium, 30 g carbo., 4 g fiber, 25 g pro. **Daily Values:** 7% vit. A, 49% vit. C, 6% calcium, 27% iron

To Make Ahead: Score and pound meat. Prepare leek filling and spread on meat. Roll up and tie, but do not brown meat before refrigerating. Wrap tightly and place in refrigerator for up to 24 hours. To cook, brown meat roll in hot oil in a large skillet; transfer meat to baking dish with vegetables and bake as directed above.



Steak and Pepper Fajitas

Drive right past the long line at a drive-through and head home to a fresher, more colorful Mexican dish that's ready in 20 minutes. It's a fun-to-eat way to sneak a little veggie action into a kid's diet.

Prep: 10 minutes **Cook:** 10 minutes **Servings:** 8

12 ounces beef flank steak or boneless beef sirloin steak	1 small green or yellow sweet pepper, cut into bite-size strips
8 8-inch plain or flavored flour tortillas	1 cup packaged shredded cabbage with carrot (coleslaw mix)
1 tablespoon cooking oil	1/3 cup bottled stir-fry sauce
2 cloves garlic, minced	
1 large onion, cut into thin wedges	
1 small red sweet pepper, cut into bite-size strips	

[1] Slice steak across grain into thin bite-size strips; set aside. Stack tortillas; wrap in foil. Heat in a 350° oven for 10 minutes to soften; or, heat according to package directions.

[2] Meanwhile, in a large skillet heat oil over medium-high heat. Add beef and garlic. Cook and stir for 2 minutes. Add onion and sweet peppers; cook and stir for 4 to 5 minutes more or until vegetables are crisp-tender. Stir in cabbage and stir-fry sauce; heat through.

[3] To serve, using tongs or a slotted spoon fill warm tortillas with the beef-vegetable mixture. Roll up tortillas.

Nutrition Facts per serving: 197 cal., 7 g total fat (2 g sat. fat), 17 mg chol., 497 mg sodium, 21 g carbo., 2 g fiber, 12 g pro. **Daily Values:** 19% vit. A, 50% vit. C, 5% calcium, 10% iron

Steak and Winter Squash Skillet

Smoky bacon, sweet winter squash, beef, herbs, and robust tomatoes—it's amazing what just seven ingredients (and only 15 minutes of preparation time) can do to bring such a variety of flavors to a dish.

Prep: 15 minutes **Cook:** 1/4 hours **Servings:** 4

1 pound boneless beef round steak	1 teaspoon dried marjoram, crushed
3 slices bacon	1 medium butternut squash
½ teaspoon seasoned salt	(about 1½ pounds), peeled, halved, seeded, and cut into 1½-inch pieces
1 14½-ounce can diced tomatoes with green peppers and onion	
1 medium onion, halved and sliced	

[1] Trim fat from beef. Cut beef into four serving-size pieces; set aside. In a large skillet cook bacon until crisp. Remove bacon, reserving 2 tablespoons drippings in skillet; drain bacon on paper towels, crumble, and set aside in the refrigerator.

[2] Sprinkle beef with seasoned salt. Brown beef on both sides in reserved drippings over medium heat. Add undrained tomatoes, onion, and marjoram to skillet. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Add squash to skillet. Cover and simmer for 55 minutes more or until beef and squash are tender. To serve, sprinkle bacon over top.

Nutrition Facts per serving: 337 cal., 14 g total fat (5 g sat. fat), 82 mg chol., 684 mg sodium, 22 g carbo., 4 g fiber, 31 g pro. Daily Values: 70% vit. A, 46% vit. C, 6% calcium, 24% iron

Mixed Bags

The prepackaged salad revolution is underway, taking over produce aisles. The selection of pretrimmed lettuce packages—once limited to head lettuce and carrot, coleslaw, or Caesar salad mixtures—has truly blossomed into a salad-lover's paradise, with all sorts of exotic names and blends of gourmet greens.



Orange-Beef Stir-Fry

This version of the classic Szechwan recipe is a bit less pungent than you might find at a Chinese restaurant. We've also added spinach and water chestnuts for extra color and crunch.

Prep: 30 minutes **Cook:** 6 minutes **Servings:** 4

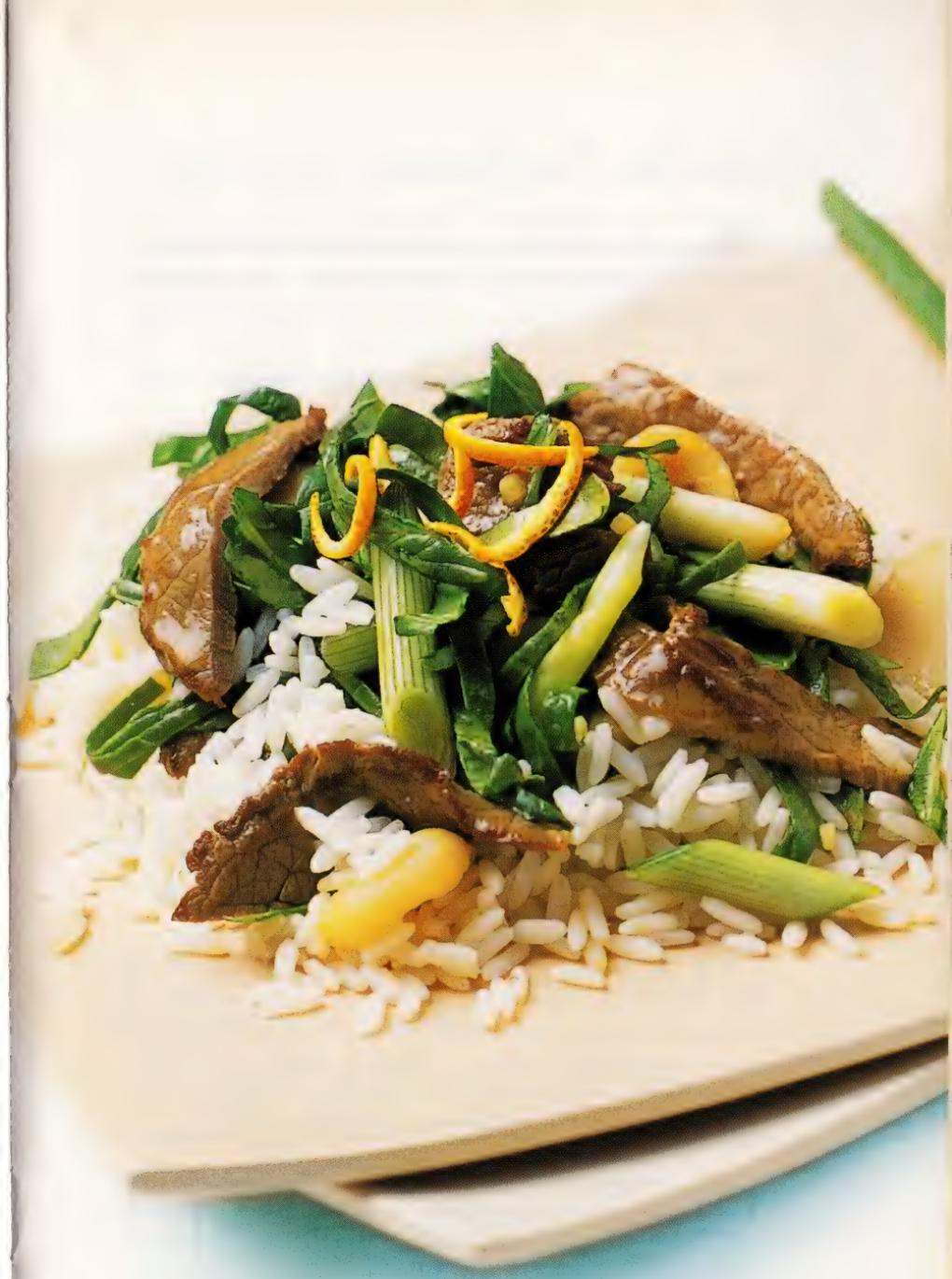
12 ounces beef top round steak	2 tablespoons cooking oil
1 teaspoon finely shredded orange peel	4 green onions, bias-sliced into 1-inch pieces
½ cup orange juice	1 clove garlic, minced
1 tablespoon cornstarch	5 cups coarsely shredded fresh spinach (5 to 6 ounces)
1 tablespoon soy sauce	½ of an 8-ounce can sliced water chestnuts, drained
1 teaspoon sugar	
1 teaspoon instant beef bouillon granules	3 cups hot cooked rice

[1] Trim fat from beef. Partially freeze beef. Thinly slice across the grain into bite-size strips. Set aside. For sauce, in a small bowl stir together orange peel, orange juice, cornstarch, soy sauce, sugar, and bouillon granules. Set aside.

[2] In a wok or large skillet heat 1 tablespoon of the oil over medium-high heat. Add green onions and garlic; cook and stir in hot oil for 1 minute. Remove onion mixture from wok using a slotted spoon. Add remaining 1 tablespoon oil to wok or skillet. Add beef to hot wok. (Add more oil as necessary during cooking.) Cook and stir for 2 to 3 minutes or to desired doneness. Push beef from center of wok.

[3] Stir sauce. Add sauce to center of wok. Cook and stir until thickened and bubbly. Return green onion mixture to wok. Add spinach and water chestnuts. Stir all ingredients together to coat with sauce. Cover and cook for 1 minute more or until heated through. Serve immediately over hot cooked rice. If desired, garnish with slivered orange-peel strips and additional green onions.

Nutrition Facts per serving: 366 cal., 9 g total fat (2 g sat. fat), 37 mg chol., 527 mg sodium, 45 g carbo., 3 g fiber, 25 g pro. **Daily Values:** 25% vit. A, 38% vit. C, 8% calcium, 26% iron



Italian Pot Roast

Fennel brings delicate, licorice-like undertones to the luscious roast. Choose fennel bulbs that are smooth and firm, without cracks and brown spots. The stalks should be crisp, and the leaves should be bright green and fresh-looking.

Prep: 25 minutes **Roast:** 2 hours 20 minutes **Stand:** 15 minutes
Servings: 6 to 8 **Oven:** 325°

2 tablespoons fennel seed, crushed	1 tablespoon cooking oil
2 tablespoons dried parsley, crushed	5 carrots, quartered
4 teaspoons dried Italian seasoning, crushed	6 small potatoes, peeled
1½ teaspoons garlic salt	1 large fennel bulb, trimmed and cut into wedges
1 teaspoon black pepper	¼ cup instant-type flour
1 3- to 4-pound boneless pork shoulder roast	

[1] Combine fennel seed, parsley, Italian seasoning, garlic salt, and pepper; set aside. Untie pork roast and unroll. Trim fat from meat. Rub meat with seasoning mixture. Retie roast with heavy kitchen string. In an oven-going 4- to 6-quart Dutch oven heat oil. Brown pork slowly on all sides. Drain fat.

[2] Carefully pour ¾ cup water over meat. Cover and roast in a 325° oven for 1½ hours. Arrange carrots, potatoes, and fennel around roast in Dutch oven. Cover and roast 50 to 60 minutes more or until vegetables and meat are tender, adding water if necessary. Transfer meat to a serving platter and cover with foil to keep warm; let stand 15 minutes. Remove strings and carve meat. Using a slotted spoon, transfer vegetables to a serving bowl; cover and keep warm.

[3] For gravy, strain juices, if desired, into a glass measuring cup. Skim fat from juices; measure juices. If necessary, add enough water to equal 1½ cups. Return to Dutch oven. Cook over medium-high heat until bubbly. Combine ½ cup cold water and flour, stirring until smooth. Gradually add to the hot pan juices, whisking until smooth and bubbly. Cook and stir 1 minute more. Serve with roast.

Nutrition Facts per serving: 552 cal., 26 g total fat (8 g sat. fat), 149 mg chol., 686 mg sodium, 35 g carbo., 4 g fiber, 43 g pro. Daily Values: 143% vit. A, 21% vit. C, 7% calcium, 30% iron

Peppery Pot Roast

Three kinds of pepper—black pepper, red pepper, and hot red pepper sauce—make for one of the most eye-opening pot roasts around! The sweet, earthy flavors of the parsnips, carrots, and potatoes add a nice contrast. Try the leftover roast on hearty rye bread for sandwiches, too.

Prep: 20 minutes **Cook:** 2 hours **Servings:** 8 to 10

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| 1 2½- to 3-pound boneless beef chuck pot roast | 3 medium potatoes, peeled and cut into eighths (1 pound) |
| ½ teaspoon black pepper | 3 medium carrots, halved crosswise and halved lengthwise |
| ¼ teaspoon ground red pepper | 2 medium parsnips, peeled, halved crosswise, and halved lengthwise |
| 2 tablespoons cooking oil | 4 stalks celery, bias-sliced into 1-inch pieces (2 cups) |
| ¾ cup vegetable juice | 1 medium onion, cut into wedges |
| ¼ teaspoon bottled hot pepper sauce | ¼ cup all-purpose flour |
| 4 cloves garlic, minced | |
| 1 teaspoon instant beef bouillon granules | |
| ½ teaspoon dry mustard | |

[1] Trim fat from meat. Rub black pepper and red pepper over surface of meat. In a 4-quart Dutch oven heat oil. Brown meat on all sides in hot oil. Drain fat.

[2] Stir together vegetable juice, hot pepper sauce, garlic, bouillon granules, and mustard. Pour over meat. Bring to boiling; reduce heat. Cover and simmer for 1¼ hours.

[3] Add potatoes, carrots, parsnips, celery, and onion to meat mixture. Cover and simmer for 45 to 60 minutes more or until meat and vegetables are tender. Remove meat and vegetables from pan, reserving juices.

[4] For gravy, skim fat from pan juices; measure juices. If necessary, add enough water to juices to equal 1½ cups. Return to Dutch oven. Combine flour and ½ cup cold water. Stir into juices in pan. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. If desired, season to taste with salt. Slice meat. Serve gravy with meat and vegetables.



Tuscan Lamb Chop Skillet

Here white kidney beans are flavored with rosemary and garlic, then topped with lamb chops for a dish that is the very essence of the fresh and simple Tuscan style of cooking. Served with Italian bread and a mixed baby-greens salad, the dish will impress even the most well-traveled guest.

Start to Finish: 20 minutes **Servings:** 4

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|---|--|---|--|
| 8 | lamb rib chops, cut 1 inch thick
(1½ pounds) | 1 | 8-ounce can Italian-style
stewed tomatoes |
| 2 | teaspoons olive oil | 1 | tablespoon balsamic vinegar |
| 3 | cloves garlic, minced | 2 | teaspoons snipped fresh rosemary |
| 1 | 19-ounce can white kidney
(cannellini) beans,
rinsed and drained | | |

[1] Trim fat from chops. In a large skillet heat oil. Cook chops in hot oil over medium heat about 8 minutes for medium doneness, turning once. Transfer to a plate; keep warm.

[2] Stir garlic into drippings in skillet. Cook and stir for 1 minute. Stir in beans, undrained tomatoes, vinegar, and snipped rosemary. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes.

[3] Spoon bean mixture onto four dinner plates; arrange two chops on each serving. If desired, garnish with fresh rosemary sprigs.

Nutrition Facts per serving: 272 cal., 9 g total fat (3 g sat. fat), 67 mg chol., 466 mg sodium, 24 g carbo., 6 g fiber, 30 g pro. Daily Values: 4% vit. A, 13% vit. C, 4% calcium, 21% iron



Florentine Lasagna

A traditional lasagna in most respects—except for the colorful addition of spinach—this classic Italian casserole will taste great alongside a salad of cooked and chilled green beans tossed with a vinaigrette.

Prep: 25 minutes

Bake: 30 minutes

Stand: 10 minutes

Servings: 8

Oven: 375°

12 ounces Italian sausage
or uncooked turkey
Italian sausage

½ cup chopped onion

1 8-ounce can tomato sauce

1 7½-ounce can tomatoes, cut up

2 teaspoons dried Italian seasoning,
crushed

6 dried lasagna noodles

1 slightly beaten egg

1 15-ounce container ricotta cheese
or 2 cups cream-style
cottage cheese, drained

½ cup grated Parmesan cheese

½ of a 10-ounce package frozen
chopped spinach, thawed and
well drained

8 ounces sliced mozzarella cheese

[1] Remove casings from sausage, if present. For meat sauce, in a medium saucepan cook sausage and onion until sausage is no longer pink and onion is tender. Drain fat. Stir in tomato sauce, undrained tomatoes, and Italian seasoning. Bring to boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes or until desired consistency.

[2] Meanwhile, cook noodles in boiling, lightly salted water for 10 to 12 minutes or until tender, but still firm. Drain. Rinse with cold water; drain well. For filling, in a bowl stir together egg, ricotta cheese, $\frac{1}{4}$ cup of the Parmesan cheese, and $\frac{1}{4}$ teaspoon coarsely ground pepper. Fold in spinach. In a 2-quart rectangular baking dish layer half of the cooked noodles. Spread with half of the filling. Top with half of the meat sauce and half of the mozzarella cheese. Repeat layers. Sprinkle with remaining Parmesan cheese.

[3] Bake, uncovered, in a 375° oven about 30 minutes or until heated through. Let stand for 10 minutes before serving.

Nutrition Facts per serving: 343 cal., 19 g total fat (7 g sat. fat), 87 mg chol., 796 mg sodium, 19 g carbo., 2 g fiber, 24 g pro. Daily Values: 27% vit. A, 13% vit. C, 36% calcium, 14% iron

Mexican Skillet Dinner

Chorizo, a spicy sausage made of coarsely ground pork, can be found in stores specializing in Mexican foods. The Mexican version of the sausage, made of fresh pork, is what you want for this recipe; Spanish chorizo is made of smoked pork.

Start to Finish: 25 minutes **Servings:** 6

12 ounces chorizo or pork sausage	1 15-ounce can pinto beans, rinsed and drained
2 cups frozen whole kernel corn	
1 14½-ounce can diced tomatoes	¾ cup shredded Mexican-blend cheeses or Colby and Monterey Jack cheese (3 ounces)
1 cup uncooked instant rice	
½ cup water	
2 teaspoons chili powder	
½ teaspoon ground cumin	

[1] Remove casing from sausage, if present. In a large skillet cook sausage over medium heat for 10 to 15 minutes or until brown. Drain in a colander; set aside.

[2] Add corn, undrained tomatoes, uncooked rice, water, chili powder, and cumin to skillet. Bring to boiling; reduce heat. Cover and simmer for 5 minutes or until liquid is absorbed and rice is tender. Stir in beans and cooked sausage; heat through. Sprinkle with cheese; cover and let stand 2 to 3 minutes until cheese is slightly melted.

Nutrition Facts per serving: 230 cal., 27 g total fat (11 g sat. fat), 13 mg chol., 585 mg sodium, 38 g carbo., 5 g fiber, 23 g pro. Daily Values: 9% vit. A, 22% vit. C, 11% calcium, 18% iron



Ham Calzones

While the spinach greens wilt in a bowl of boiling water, you have time to start rolling out the easy-to-do crust that starts with thawed white bread dough.

Prep: 25 minutes **Bake:** 20 minutes **Servings:** 4 **Oven:** 375°

- | | |
|--|--|
| 4 cups torn fresh spinach with stems removed | 4 ounces thinly sliced ham, chopped
(1 cup) |
| 1 16-ounce loaf frozen white bread dough, thawed | 4 ounces thinly sliced, reduced-fat Swiss cheese |
| 3 cloves garlic, minced | 1 cup tomato and herb pasta sauce, heated |
| 1 teaspoon dried Italian seasoning, crushed | |
| 1 cup fat-free ricotta cheese or fat-free cottage cheese, well drained | |

[1] Pour enough boiling water over spinach to cover. Let stand for 5 minutes. Drain well, squeezing out the excess liquid; set aside.

[2] Divide bread dough into four equal portions. On a lightly floured surface roll each portion of dough into a 7-inch circle. Brush circles with the minced garlic. Sprinkle with seasoning. Divide ricotta cheese evenly among circles, spreading only on half of each crust and to within $\frac{1}{2}$ inch of edges. Layer spinach, ham, and Swiss cheese over ricotta cheese.

[3] Moisten edges of dough with water. Fold dough in half over filling. Seal edges with the tines of a fork. Prick tops three or four times with the tines of the fork. Place calzones on a lightly greased baking sheet.

[4] Bake in a 375° oven about 20 minutes or until golden. Serve warm pasta sauce alongside the baked calzones.

Nutrition Facts per serving: 484 cal., 6 g total fat (2 g sat. fat), 32 mg chol., 802 mg sodium, 64 g carbo., 2 g fiber, 32 g pro. Daily Values: 39% vit. A, 30% vit. C, 70% calcium, 12% iron

To Make Ahead: Prepare the calzones as above. Cool. Cover and refrigerate calzones overnight. To reheat, place the calzones on a baking sheet. Bake calzones, uncovered, in a 375° oven for 12 to 15 minutes or until heated through.

Fettuccine with Ham and Mushroom Sauce

This creamy and satisfying dish may remind you of a vegetable-studded Fettuccine Alfredo. However, an Alfredo sauce usually relies on butter, heavy cream, and Parmesan cheese for its richness. You'll find our sauce lighter, since it's made with evaporated milk and without butter.

Start to Finish: 30 minutes **Servings:** 4

2 cups sliced fresh shiitake or button mushrooms	2 tablespoons snipped fresh basil or $\frac{1}{2}$ teaspoon dried basil, crushed
1 small red or green sweet pepper, cut into thin strips	4 teaspoons cornstarch
$\frac{1}{2}$ cup chopped onion	$\frac{1}{4}$ teaspoon black pepper
1 clove garlic, minced	6 ounces cooked ham, cut into matchstick-size strips
1 tablespoon cooking oil	1 9-ounce package refrigerated spinach fettuccine and/or plain fettuccine
1 12-ounce can (1 $\frac{1}{2}$ cups) evaporated milk	

[1] For sauce, in a skillet cook mushrooms, sweet pepper, onion, and garlic in hot oil until tender. In a mixing bowl combine evaporated milk, basil, cornstarch, and black pepper. Stir into vegetable mixture in skillet. Cook and stir over medium heat until bubbly. Cook and stir for 2 minutes more. Stir in ham. Remove from heat.

[2] Meanwhile, cook pasta according to package directions. Drain. Serve sauce over pasta. If desired, sprinkle with $\frac{1}{4}$ cup grated Parmesan cheese.

Nutrition Facts per serving: 475 cal., 15 g total fat (6 g sat. fat), 106 mg chol., 677 mg sodium, 58 g carbo., 3 g fiber, 27 g pro. Daily Values: 17% vit. A, 42% vit. C, 22% calcium, 20% iron



Pork with Pear, Fennel, and Cabbage



Once relegated to home-style cooking, pork chops are appearing more and more on the menus of upscale restaurants. In this sophisticated recipe, the up-and-coming chop is enhanced by two of winter's best flavors—sweet pears and aromatic fennel.

Start to Finish: 30 minutes **Servings:** 4

2 fennel bulbs	½ teaspoon dried thyme, crushed
4 boneless pork loin chops, cut 1½ inches thick	¼ teaspoon salt
1 tablespoon olive oil	¼ teaspoon pepper
1 small onion, sliced	⅛ teaspoon ground nutmeg
½ small head cabbage, coarsely chopped (2½ cups)	Pear nectar
½ cup pear nectar or apple juice	1 tablespoon cornstarch
¼ cup balsamic vinegar	2 tablespoons cold water
½ teaspoon caraway seed	1 large pear, cored and sliced

[1] Trim fennel, discarding the upper stalks, which tend to be tough. Remove feathery leaves; trim bottoms. Cut fennel into thin wedges. Season pork with salt and pepper. In a large skillet heat oil. Brown chops with onion in hot oil about 4 minutes per side. Drain fat.

[2] Arrange fennel wedges and chopped cabbage on top of meat. In a small bowl stir together the ½ cup nectar, vinegar, caraway seed, thyme, salt, pepper, and nutmeg; pour into skillet. Cover and simmer 12 to 15 minutes or until tender and pork is no longer pink. Using a slotted spoon, transfer pork and vegetables to platter. Cover with foil to keep warm.

[3] For sauce, measure pan juices. If necessary, add enough additional pear nectar to equal ¼ cups. Return juices to skillet. In a small bowl stir cornstarch into cold water until smooth. Stir into skillet juices. Cook and stir over medium heat until thickened and bubbly. Stir in pear; heat through. Spoon sauce over meat and vegetables.

Nutrition Facts per serving: 344 cal., 15 g total fat (4 g sat. fat), 77 mg chol., 229 mg sodium, 25 g carbo., 2 g fiber, 26 g pro. **Daily Values:** 1% vit. A, 62% vit. C, 5% calcium, 14% iron

Pork Ribs with Apples and Cranberries

For something different, this fruit-studded recipe calls for either spaetzle or orzo to serve with the meat. Spaetzle, a German specialty, are tiny dumplings or egg noodles, while orzo, originally from Italy, is a rice-shaped pasta.

Start to Finish: 1 hour **Servings:** 6

2 pounds boneless pork country-style ribs	$\frac{1}{4}$ teaspoon ground ginger
1 cup cranberry juice or cranberry-apple juice	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup sliced celery	3 medium red and/or green cooking apples, cored and cut into wedges
1 teaspoon instant chicken bouillon granules	$\frac{1}{2}$ cup dried cranberries
1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed	$\frac{1}{4}$ cup cranberry juice or cranberry-apple juice
$\frac{1}{4}$ teaspoon ground cinnamon	2 teaspoons cornstarch
	3 cups hot cooked spaetzle or orzo

[1] Preheat broiler. Place ribs on the unheated rack of a broiler pan. Broil 6 inches from the heat about 10 minutes or until brown, turning once.

[2] Place ribs in 4-quart Dutch oven. Add the 1 cup cranberry juice, celery, bouillon granules, dried sage (if using), cinnamon, ginger, and pepper. Bring to boiling; reduce heat. Cover and simmer for 25 minutes or until meat is tender. Add apple wedges, dried cranberries, and fresh sage (if using). Simmer, uncovered, for 5 minutes or until apple wedges are tender. Transfer meat and fruit to serving platter; cover with foil to keep warm.

[3] For sauce, measure pan juices. If necessary, add enough additional cranberry juice to equal $1\frac{1}{4}$ cups. Return juices to Dutch oven. In a small bowl stir together the $\frac{1}{4}$ cup juice and cornstarch until smooth. Stir into pan juices in Dutch oven. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Serve meat and fruit over hot cooked spaetzle or noodles. Pass sauce. If desired, garnish with fresh sage leaves.

Nutrition Facts per serving: 434 cal., 21 g total fat (8 g sat. fat), 79 mg chol., 219 mg sodium, 40 g carbo., 3 g fiber, 22 g pro. Daily Values: 0% vit. A, 37% vit. C, 4% calcium, 15% iron

Mustard-Maple Pork Roast with Potatoes



Mustard and maple syrup make a wonderful glaze for pork. Let the roast stand for 15 minutes before carving—this allows the temperature to rise to 160° (an appropriate doneness for pork loin) and makes it easier to slice. (Pictured on the cover.)

Prep: 20 minutes **Roast:** 1½ hours **Stand:** 15 minutes

Servings: 8 to 10 **Oven:** 325°

1 2- to 2½- pound boneless pork loin roast (single loin)	¼ teaspoon salt
2 tablespoons course-grained Dijon-style mustard	¼ teaspoon pepper
1 tablespoon maple-flavored syrup	20 to 24 tiny new potatoes (about 1¾ pounds)
2 teaspoons dried sage, crushed	16 ounces packaged, peeled baby carrots
1 teaspoon finely shredded orange peel	1 tablespoon olive oil
	¼ teaspoon salt

[1] Trim fat from meat. Stir together mustard, syrup, sage, orange peel, the ¼ teaspoon salt, and the pepper. Spoon mixture onto meat. Place roast, fat-side up, on a rack in a shallow roasting pan. Insert a meat thermometer. Roast, uncovered, in a 325° oven for 45 minutes.

[2] Cook potatoes in boiling salted water for 5 minutes. Add carrots; cook for 5 minutes more. Drain.

[3] Toss together potatoes, carrots, olive oil, and the remaining ¼ teaspoon salt. Place in roasting pan around pork roast. Roast, uncovered, for 45 minutes to 1 hour more or until meat thermometer registers 155°. Cover with foil. Let stand for 15 minutes before carving. (The meat's temperature will rise 5° during standing.)

Nutrition Facts per serving: 281 cal., 10 g total fat (3 g sat. fat), 51 mg chol., 309 mg sodium, 29 g carbo., 3 g fiber, 19 g pro. **Daily Values:** 128% vit. A, 24% vit. C, 3% calcium, 17% iron

Poultry



Chicken and Prosciutto Pasta

It's amazing the gourmet touch that prosciutto and capers can bring to a dish that's based on two super-simple refrigerated pasta sauces. Find prosciutto—a salt-cured, air-dried ham that's a specialty of Parma, Italy—in Italian specialty markets or at the deli counters of more extensive supermarkets.

Prep: 30 minutes **Bake:** 25 minutes **Servings:** 6 **Oven:** 350°

Nonstick cooking spray	½ of a medium yellow sweet pepper, cut into bite-size strips
6 ounces dried penne pasta (about 2 cups)	1 teaspoon dried basil, crushed
1 tablespoon olive oil	1 tablespoon drained capers (optional)
12 ounces skinless, boneless chicken breast halves, cut into ½-inch-wide strips	1 15-ounce container refrigerated marinara sauce
2 cloves garlic, minced	1 10-ounce container refrigerated Alfredo sauce
4 ounces sliced prosciutto or ham, coarsely chopped	⅓ cup finely shredded Parmesan cheese
½ of a medium green sweet pepper, cut into bite-size strips	

[1] Coat a 2-quart casserole with nonstick spray; set aside. Cook pasta according to package directions. Drain and return pasta to saucepan; set aside.

[2] Meanwhile, in large skillet heat oil over medium-high heat. Add chicken and garlic; cook and stir for 2 minutes. Add prosciutto, green and yellow pepper strips, basil, and capers (if desired). Cook and stir 2 to 3 minutes longer or until chicken is no longer pink and pepper is crisp-tender. Add to pasta in saucepan; mix well.

[3] Layer half of the pasta mixture in the prepared casserole. Top with 1 cup of the marinara sauce. Top with the remaining pasta mixture; then add the Alfredo sauce. Drizzle with remaining marinara sauce. Sprinkle with Parmesan cheese.

[4] Bake, uncovered, in a 350° oven for 25 to 35 minutes or until heated through. If desired, garnish with a sprig of fresh basil.

Nutrition Facts per serving: 465 cal., 26 g total fat (2 g sat. fat), 62 mg chol., 839 mg sodium, 30 g carbo., 1 g fiber, 28 g pro. **Daily Values:** 3% vit. A, 52% vit. C, 7% calcium, 8% iron



Chicken Couscous

The term "couscous" can refer both to the quick-cooking pasta beads that serve as the base of this dish or to the entire dish itself. While a couscous dish is often a long-simmering stew, we've quickened the recipe by bringing stir-frying speed to the preparation.

Start to Finish: 30 minutes **Servings:** 4

2	medium onions, cut into thin wedges	2	medium zucchini, quartered and cut into 2-inch pieces
2	cloves garlic, minced	½	cup raisins
1	tablespoon olive oil	½	cup chicken broth
1	pound skinless, boneless chicken breast halves, cut into bite-size pieces	2	to 3 teaspoons curry powder
16	packaged, peeled baby carrots (about $\frac{3}{4}$ cup)	½	teaspoon ground cinnamon
		2	cups chicken broth
		½	teaspoon ground cinnamon
		1½	cups quick-cooking couscous

[1] In large saucepan cook onions and garlic in hot oil 3 minutes or until crisp-tender. Add chicken and carrots. Cook, uncovered, over medium heat 5 minutes, stirring often. Stir in zucchini, raisins, $\frac{1}{2}$ cup broth, curry powder, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{2}$ teaspoon salt. Cover; cook 3 to 4 minutes or until chicken is no longer pink and vegetables are crisp-tender.

[2] Meanwhile, in a medium saucepan bring 2 cups chicken broth and remaining cinnamon to boiling. Stir in couscous; cover. Remove from heat; let stand 5 minutes. Fluff lightly with a fork before serving. To serve, divide couscous among four plates. Spoon chicken and vegetable mixture over couscous. If desired, garnish with $\frac{1}{4}$ cup toasted slivered almonds.

Nutrition Facts per serving: 500 cal., 8 g total fat (2 g sat. fat), 60 mg chol., 833 mg sodium, 72 g carbo., 13 g fiber, 34 g pro. Daily Values: 62% vit. A, 10% vit. C, 6% calcium, 20% iron

Couscous—Of Course!

Could it be a coincidence that couscous has gained in popularity in the last few years? We think not! While regular couscous can take up to 60 minutes to cook, the quick-cooking forms most widely available today are usually ready in five minutes. A specialty of North Africa, the bead-shaped pieces are made from ground semolina and provide a mild yet texturally interesting side dish that goes with just about anything.

Monterey Tortilla Casseroles

There's something undeniably delightful about being served your own personal-size casserole. That's part of the beauty of this dish. The other part? It can be made ahead. Stash the individual casseroles in the freezer for up to two months, and family members can enjoy a homemade dinner in just moments.

Prep: 25 minutes **Bake:** 35 minutes **Servings:** 4 **Oven:** 350°

Nonstick cooking spray	3 tablespoons snipped fresh cilantro
6 6-inch corn tortillas, each cut into six wedges	1 tablespoon all-purpose flour
2 cups cubed cooked chicken	1 cup crumbled Mexican Chihuahua cheese or farmer cheese (4 ounces)
1 cup frozen whole kernel corn	
1 16-ounce jar salsa verde	
3 tablespoons light dairy sour cream	

[1] Lightly coat four 10- to 12-ounce baking dishes with nonstick spray. Place five tortilla wedges in the bottom of each dish.

Place remaining tortilla pieces on a baking sheet. Bake in a 350° oven about 10 minutes or until crisp and golden.

[2] Meanwhile, combine chicken, corn, salsa verde, sour cream, cilantro, and flour. Divide mixture evenly among dishes.

[3] Bake, uncovered, in a 350° oven for 20 minutes. Arrange baked tortilla pieces on top of casseroles. Top with crumbled cheese; bake for 5 to 10 minutes more or until heated through. If desired, garnish with additional dairy sour cream, thinly sliced fresh jalapeño pepper, snipped fresh cilantro, and chopped tomato.

Nutrition Facts per serving: 477 cal., 21 g total fat (3 g sat. fat), 98 mg chol., 1,247 mg sodium, 45 g carbo., 7 g fiber, 34 g pro. Daily Values: 22% vit. A, 73% vit. C, 27% calcium, 11% iron

To Make Ahead: Assemble casseroles as directed through Step 2. Place baked tortilla pieces in a moisture- and vapor-proof plastic bag. Freeze casseroles and baked tortilla pieces up to two months. To bake frozen casseroles, cover and bake in a 350° oven for 25 minutes. Uncover and bake about 20 minutes more or until heated through. Top with tortilla pieces and cheese; bake for 5 to 10 minutes more or until heated through. If desired, garnish as above.



Two-Bean Cassoulet

To add a little American ease to this French country supper, we called on canned butter and black beans—no soaking required. The results are equally as “ooh-la-la” as the classic.

Prep: 25 minutes **Bake:** 25 minutes **Servings:** 6 **Oven:** 350°

6 skinless, boneless chicken thighs (about 1½ pounds)	1 15-ounce can black beans, rinsed and drained
1 tablespoon olive oil or cooking oil	1 8-ounce can tomato sauce
3 medium carrots, thinly sliced	¼ cup dry red wine
½ cup chopped onion	1 teaspoon dried thyme, crushed
2 cloves garlic, minced	¼ teaspoon ground allspice
1 15-ounce can butter beans, rinsed and drained	8 ounces smoked turkey sausage, cut into ½-inch slices

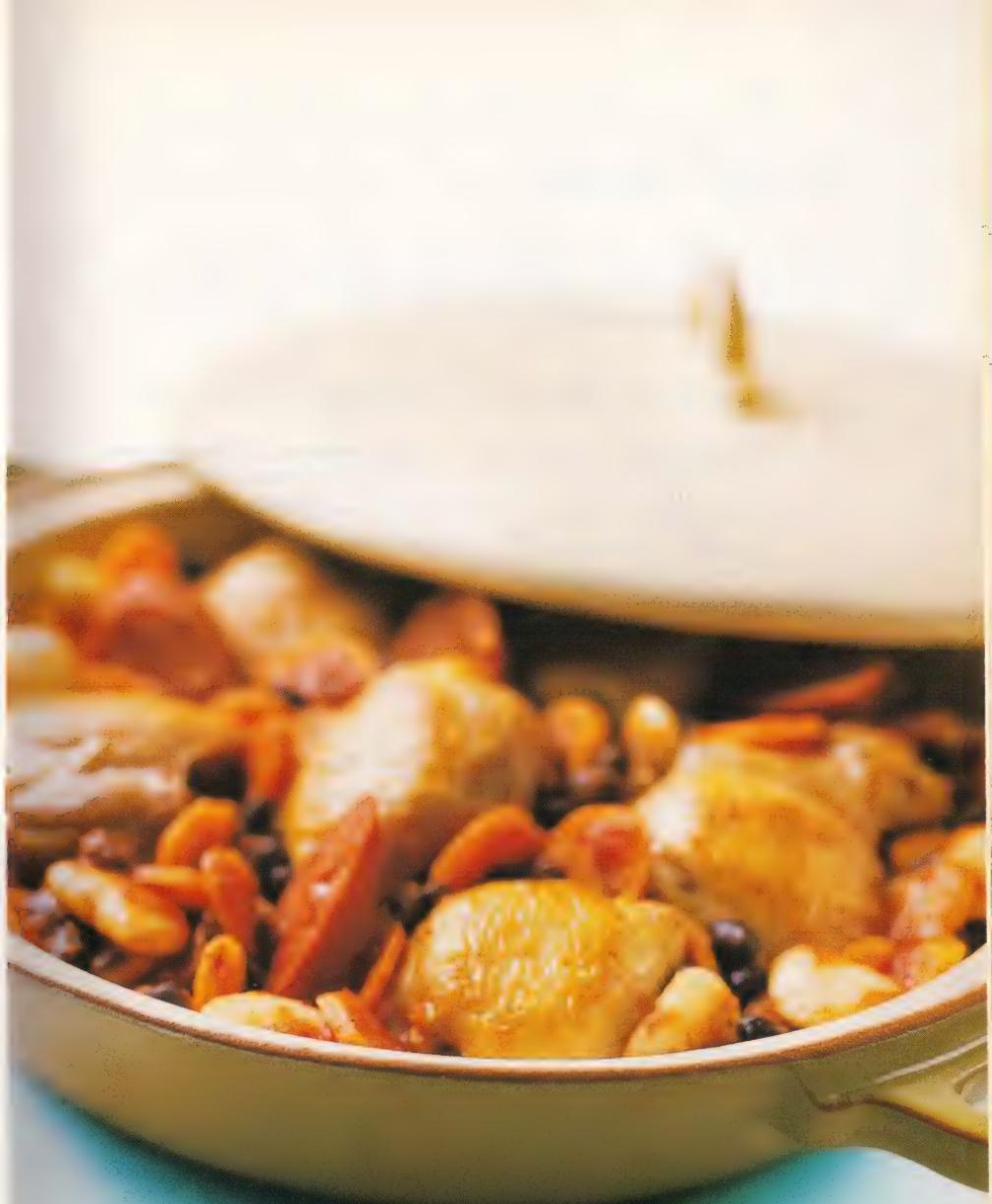
[1] In a large skillet brown chicken slowly in oil over medium-low heat about 10 minutes, turning occasionally. Remove chicken from skillet, reserving drippings. Add carrots, onion, and garlic to drippings in skillet. Cover and cook about 10 minutes or until carrots are just tender, stirring occasionally.

[2] Stir in the drained beans, tomato sauce, wine, thyme, and allspice. Stir in sausage. Transfer the mixture to a 2-quart casserole. Arrange chicken thighs on top.

[3] Bake, uncovered, in a 350° oven for 25 to 30 minutes or until chicken is no longer pink. If desired, sprinkle with seeded and chopped tomatoes and snipped fresh parsley; bake 5 minutes more or until tomatoes are just heated through.

Nutrition Facts per serving: 332 cal., 9 g total fat (2 g sat. fat), 101 mg chol., 1,022 mg sodium, 27 g carbo., 7 g fiber, 34 g pro. **Daily Values:** 101% vit. A, 10% vit. C, 8% calcium, 20% iron

To Make Ahead: Prepare casserole as above just before leaving home, omitting the tomato and parsley garnish. Cover tightly; wrap in several layers of newspaper or a heavy towel. Then place the casserole in an insulated container. Do not hold for longer than 2 hours. If using tomato and parsley garnish, pack them separately and sprinkle on casserole before serving.





Braised Chicken with Beans and Squash

White kidney beans, sometimes called “cannellini beans,” are very popular in the Tuscany region of Italy. As American chefs have become increasingly interested in Tuscan cooking, the beans are becoming much loved stateside, too.

Prep: 15 minutes

Cook: 20 minutes

Servings: 6

- 6 skinless, boneless chicken thighs
(about 1 pound)
- 1 tablespoon cooking oil or olive oil
- ½ cup dry white wine or water
- 2 cloves garlic, minced
- 1 teaspoon instant chicken bouillon granules
- 1 teaspoon dried oregano, crushed, or 1 tablespoon snipped fresh oregano
- ¾ teaspoon dried thyme, crushed, or 2 teaspoons snipped fresh thyme

- ½ teaspoon dried savory, crushed, or 1 teaspoon snipped fresh savory
- ¼ teaspoon black pepper
- 1 pound banana, buttercup, or butternut squash, peeled, seeded, and cut into ½-inch pieces (about 2½ cups)
- 1 15-ounce can white kidney (cannellini) beans, rinsed and drained
- 1 14½-ounce can diced tomatoes
- 2 tablespoons snipped fresh parsley

[1] In a large skillet brown chicken in hot oil, turning occasionally. Remove chicken from skillet. Drain fat. Add wine, garlic, and bouillon granules to skillet. Bring to boiling; reduce heat. Boil gently, uncovered, about 3 minutes or until liquid is reduced by about half, stirring to scrape up any brown bits.

[2] Stir in dried oregano, thyme, and savory (if using), and pepper. Return chicken to skillet. Add squash. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until squash is just tender and chicken is no longer pink. Stir in beans, undrained tomatoes, and fresh herbs (if using).

[3] Simmer, uncovered, for 5 minutes more or until sauce thickens slightly. Spoon bean mixture into six individual bowls. Place chicken on bean mixture. Sprinkle with parsley.

Nutrition Facts per serving: 190 cal., 7 g total fat (1 g sat. fat), 36 mg chol., 454 mg sodium, 18 g carbo., 5 g fiber, 16 g pro. **Daily Values:** 39% vit. A, 32% vit. C, 5% calcium, 15% iron

Chicken Pot Pie in Puff Pastry

Elegant touches, such as white wine, tarragon, shallots, and a lovely golden-brown pastry that magically puffs and rises as it cooks, bring the humble pot pie to new gourmet heights.

Prep: 30 minutes **Bake:** 20 minutes **Servings:** 4 **Oven:** 425°

1 sheet frozen puff pastry (1/2 of a 17 1/4-ounce package)	2 tablespoons all-purpose flour
2 tablespoons margarine or butter	3/4 teaspoon salt
12 ounces skinless, boneless chicken breast halves, cut into 3/4-inch pieces	1/2 teaspoon dried tarragon, crushed
1/4 cup chopped red sweet pepper (optional)	1/4 teaspoon black pepper
2 medium shallots, thinly sliced	1 1/4 cups milk
	1/3 cup dry white wine or chicken broth
	1/2 cup frozen peas

[1] Thaw puff pastry according to package directions. Meanwhile, in a large skillet melt margarine over medium-high heat. Add chicken, sweet pepper (if using), and shallots. Cook 4 to 5 minutes or until chicken is lightly brown and no longer pink, stirring frequently. Stir in flour, salt, tarragon, and black pepper. Add milk all at once. Cook and stir until thickened and bubbly. Stir in wine and peas; heat through. Keep warm while preparing topper.

[2] For topper, unfold and roll puff pastry sheet into an 11-inch square. Cut out a 10-inch circle from pastry.* Transfer the hot chicken mixture to a 1 1/2-quart casserole. Place pastry on top of the casserole. Flute edges of pastry and cut slits in the top for steam to escape. Bake in a 425° oven for 20 to 25 minutes or until crust is puffed and golden brown.

***Note:** Scraps of puff pastry may be trimmed into cutout shapes or discarded. If using cutouts, moisten with a little water and place on top of pastry before baking.

Nutrition Facts per serving: 490 cal., 29 g total fat (3 g sat. fat), 50 mg chol., 790 mg sodium, 31 g carbo., 1 g fiber, 23 g pro. **Daily Values:** 19% vit. A, 4% vit. C, 9% calcium, 7% iron





Spanish-Style Chicken

An old Spanish saying claims that in Spain, food is generally fried in the south, roasted in the middle of the country, and stewed in the north. If so, that means this dish, a quick version of stew, is reminiscent of northern Spain.

Prep: 15 minutes **Cook:** 47 minutes **Servings:** 6

1 3- to 3½-pound cut-up broiler-fryer chicken
½ cup all-purpose flour
½ teaspoon salt
½ teaspoon ground red pepper
2 tablespoons olive oil
1 28-ounce can whole Italian-style tomatoes, cut up
4 medium potatoes, cut into ½-inch pieces (4 cups)
1 medium onion, sliced (½ cup)
½ cup halved pitted ripe olives

½ cup dry red wine
2 tablespoons capers (optional)
1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
2 teaspoons snipped fresh oregano or ½ teaspoon dried oregano, crushed
2 cloves garlic, minced
1 tablespoon cold water
2 teaspoons cornstarch

[1] Remove skin from chicken. In a large plastic bag combine flour, salt, and ground red pepper. Add chicken, a few pieces at a time; shake to coat. In a 4-quart Dutch oven heat oil. Cook chicken in hot oil over medium heat about 10 minutes or until chicken is lightly browned, turning to brown evenly.

[2] Add undrained tomatoes, potatoes, onion, olives, wine, capers (if using), dried basil and dried oregano (if using), and garlic to Dutch oven. Bring to boiling; reduce heat. Cover and simmer for 35 to 45 minutes or until chicken is tender and no longer pink. Remove chicken to a serving dish; cover and keep warm.

[3] In a small bowl combine the water and cornstarch; add to potato mixture in Dutch oven. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Stir in fresh basil and oregano (if using). Pour thickened mixture over chicken in dish. If desired, garnish with a sprig of fresh basil or oregano.

Nutrition Facts per serving: 354 cal., 12 g total fat (3 g sat. fat), 77 mg chol., 566 mg sodium, 28 g carbo., 4 g fiber, 29 g pro. **Daily Values:** 10% vit. A, 57% vit. C, 8% calcium, 18% iron



Turkey Enchiladas

Yes, you can have the whole enchilada and honor your aim to eat healthfully, too. Light and reduced-fat dairy products allow you to save 5 grams of fat per enchilada.

Prep: 40 minutes **Bake:** 44 minutes **Servings:** 12 **Oven:** 350°

- | | |
|--|--|
| ½ cup chopped onion | 1 10¾-ounce can reduced-sodium
condensed cream of chicken
soup |
| ½ of an 8-ounce package reduced-
fat cream cheese
(Neufchâtel), softened | 1 8-ounce carton light dairy
sour cream |
| 1 teaspoon ground cumin | 1 cup skim milk |
| 4 cups chopped cooked turkey or
chicken breast | 2 to 4 tablespoons finely chopped
pickled jalapeño peppers
(see tip, page 9) |
| ¼ cup chopped pecans, toasted | ½ cup shredded reduced-fat sharp
cheddar cheese (2 ounces) |
| 12 7- to 8-inch flour tortillas | |
| Nonstick cooking spray | |

[1] In a small saucepan cook onion, covered, in a small amount of water over medium heat until tender; drain. In a medium bowl stir together cream cheese, 1 tablespoon water, cumin, ¼ teaspoon black pepper, and ⅛ teaspoon salt. Stir in cooked onion, turkey, and pecans. Stack tortillas; wrap in foil. Heat in a 350° oven for 10 to 15 minutes to soften.

[2] Meanwhile, coat a 3-quart rectangular baking dish with nonstick spray. For each enchilada, spoon about ¼ cup of the turkey mixture onto a tortilla; roll up. Place tortilla, seam side down, in the baking dish. Repeat with remaining filling and tortillas.

[3] For sauce, in a medium bowl stir together soup, sour cream, milk, and jalapeño peppers; pour mixture over enchiladas. Bake, covered, in a 350° oven about 40 minutes or until heated through. Sprinkle enchiladas with the shredded cheddar cheese. Bake enchiladas, uncovered, for 4 to 5 minutes more or until the cheese is melted. If desired, top with snipped fresh cilantro or parsley, chopped tomatoes, and chopped sweet pepper.

Nutrition Facts per serving: 272 cal., 10 g total fat (3 g sat. fat), 57 mg chol., 398 mg sodium, 22 g carbo., 1 g fiber, 22 g pro. Daily Values: 10% vit. A, 1% vit. C, 11% calcium, 13% iron

Thai Turkey

Thanks to precooked turkey breast, this curry-flavored dish will come together quickly. So quickly, in fact, that you should put the rice on to boil before you stir up the sauce or slice the turkey breast.

Start to Finish: 30 minutes **Servings:** 4

2 tablespoons soy sauce	1 small onion, cut into thin wedges
1 tablespoon honey	1 red sweet pepper, cut into thin strips
2 teaspoons toasted sesame oil	12 ounces cooked turkey, cut into bite-size strips (about 3 cups)
2 teaspoons curry powder	1 clove garlic, minced
1 teaspoon cornstarch	2 cups hot cooked rice
½ to ¼ teaspoon crushed red pepper	
Nonstick cooking spray	

[1] For sauce, in a small bowl combine $\frac{2}{3}$ cup water, the soy sauce, honey, sesame oil, curry powder, cornstarch, and crushed red pepper; set aside.

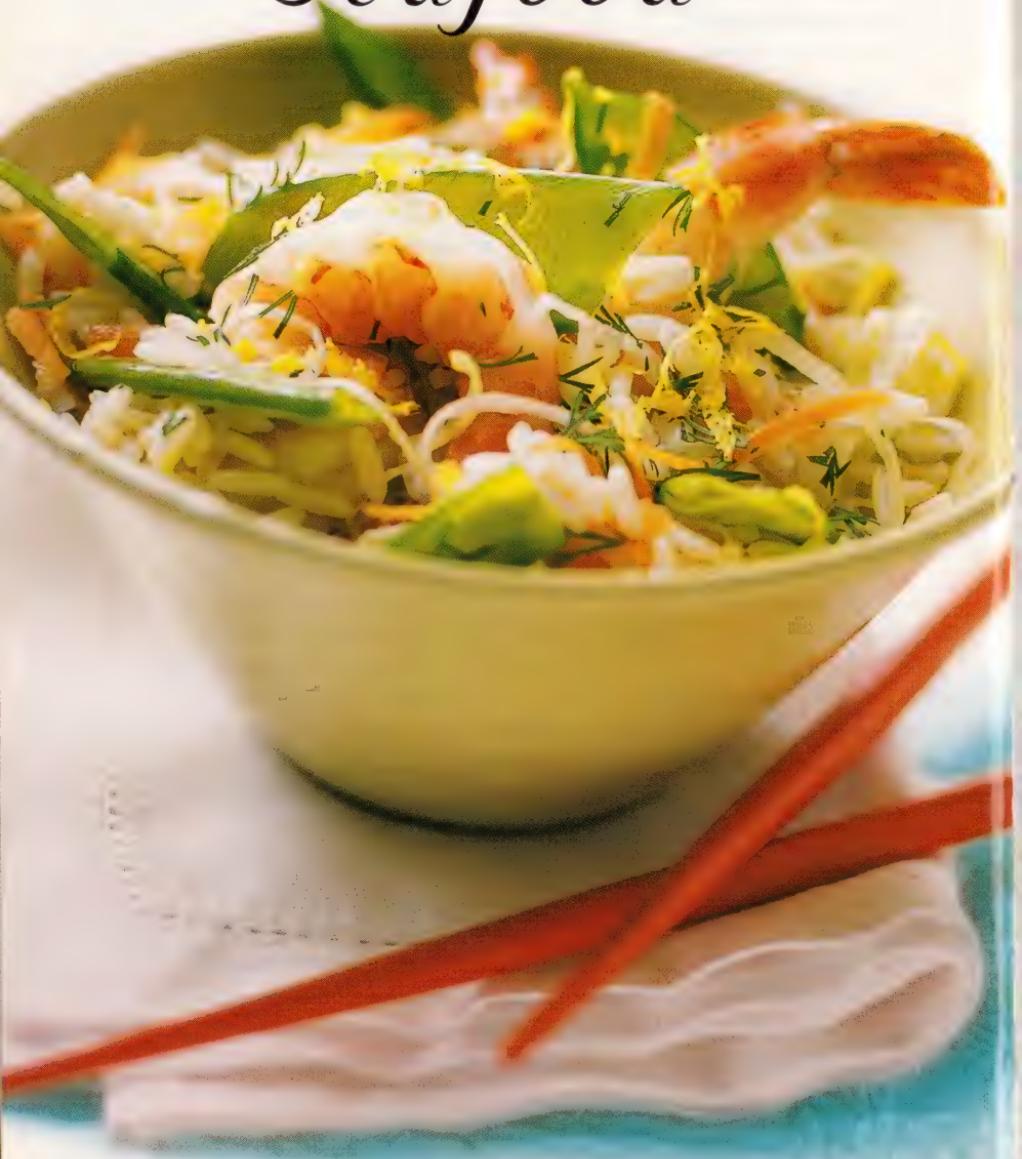
[2] Coat a large skillet or wok with nonstick spray. Cook and stir onion wedges and sweet pepper strips over medium heat until tender. Stir in the turkey strips and garlic. Stir in sauce. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Serve over rice. If desired, garnish with sliced serrano peppers.

Nutrition Facts per serving: 335 cal., 11 g total fat (3 g sat. fat), 81 mg chol., 576 mg sodium, 31 g carbo., 1 g fiber, 27 g pro. **Daily Values:** 20% vit. A, 53% vit. C, 3% calcium, 21% iron

Micro-Heating Leftover Rice

Next time you're cooking rice, cook some extra and refrigerate it in an airtight container for up to one week. To reheat the chilled cooked rice, place rice in a microwave-safe container and cover with vented plastic wrap. For 2 cups chilled rice, add 1 tablespoon water and micro-cook on 100% power (high) for 2 to 3 minutes or until heated through, stirring once. For 3 cups chilled cooked rice, add 2 tablespoons water and micro-cook on high for 3 to 4 minutes or until heated through, stirring once. After the rice is heated, fluff gently with a fork.

Fish & Seafood





Dilled Shrimp with Rice

The sprightly marriage of lemon and dill is a match made in heaven, and three certainly isn't a crowd when sweet pink shrimp are added to the mix. More and more supermarkets are offering fully cooked, peeled shrimp—rely on this convenience product to get this dish to the table in less than half an hour.

Start to Finish: 25 minutes **Servings:** 4

- | | |
|---|---|
| 1 tablespoon margarine or butter | 2 cups hot cooked rice |
| 2/3 cup thinly sliced leeks | 1 teaspoon finely shredded
lemon peel |
| 1 1/2 cups shredded carrots | 1 tablespoon snipped fresh dillweed
or 1/2 teaspoon dried dillweed |
| 1 cup fresh pea pods, cut in half | |
| 1 teaspoon instant chicken
bouillon granules | |
| 12 ounces fully cooked,
peeled shrimp | |

[1] In a large skillet melt margarine over medium-high heat. Cook and stir leeks, carrots, and pea pods in hot margarine for 2 to 3 minutes or until vegetables are crisp-tender.

[2] Dissolve bouillon granules in 1/4 cup water. Stir shrimp, rice, lemon peel, and dissolved granules into skillet. Cook about 5 minutes or until heated through, stirring occasionally. Stir in dillweed. To serve, divide rice mixture among four bowls. If desired, garnish with fresh dill sprigs.

Nutrition Facts per serving: 268 cal., 4 g total fat (1 g sat. fat), 166 mg chol., 478 mg sodium, 35 g carbo., 5 g fiber, 22 g pro. **Daily Values:** 136% vit. A, 31% vit. C, 7% calcium, 34% iron

Stir-Fries Forever

An Asian cooking technique, stir-frying involves cooking pieces of meat, poultry, seafood, and/or vegetables quickly over high heat with a constant stirring motion. These days, many American cooks appreciate the method for both its speed and because it requires little oil. While a wok is traditionally used in stir-frying, you can also use a large, deep skillet. The high sides will make it easy to stir and toss foods—without tossing them out of the pan. Don't overload the skillet, however, because when too much food is added at once, the wok may cool, causing the food to stew rather than fry.



Shrimp and Couscous Jambalaya

Jambalaya, that lively Creole dish of rice and just about anything, is hardly a sleepy dish to begin with. But here we've stirred things up even more by calling on couscous for a textural change—and also because it cooks quickly right in the same skillet along with the rest of the ingredients.

Start to Finish: 25 minutes **Servings:** 4

12 ounces fresh or frozen medium shrimp in shells	$\frac{1}{4}$ teaspoon dried oregano, crushed
1 cup sliced celery	2 tablespoons cooking oil
$\frac{3}{4}$ cup chopped green sweet pepper	1 14½-ounce can reduced-sodium chicken broth
$\frac{1}{2}$ cup chopped onion	1 cup quick-cooking couscous
$\frac{1}{2}$ teaspoon Cajun seasoning	$\frac{1}{2}$ cup chopped ripe tomato

[1] Thaw shrimp, if frozen. Peel and devein shrimp. Rinse shrimp and pat dry with paper towels; set aside. In a large skillet cook and stir celery, sweet pepper, onion, seasoning, and oregano in hot oil until vegetables are tender. Carefully add broth; bring to boiling.

[2] Stir in the shrimp and remove from heat. Stir in the couscous and tomato. Cover and let stand for 5 minutes. To serve, fluff mixture with a fork. Transfer mixture to a shallow serving bowl. If desired, serve with bottled hot pepper sauce and lemon wedges.

Nutrition Facts per serving: 317 cal., 8 g total fat (1 g sat. fat), 98 mg chol., 462 mg sodium, 42 g carbo., 9 g fiber, 18 g pro. **Daily Values:** 8% vit. A, 39% vit. C, 4% calcium, 16% iron

Shrimp Smarts

Sure, you can make life easier by buying peeled and deveined shrimp, but don't be daunted if you can't find a market that will do this for you. Here's how it's done:

- To peel, use your fingers to open the shell lengthwise down the body's underside. Starting at the head end, peel the shell back from the body. Then gently pull on the tail portion of the shell and remove it.
- To devein, use a sharp knife to make a shallow slit along the shrimp's back from the head end to the tail. Rinse under cold running water to remove the vein, using the tip of knife, if necessary.



Pan-Seared Scallops

Though scallops are quickly seared and everything's cooked in one skillet, this recipe's no mere flash in the pan. With its sophisticated melding of balsamic vinegar-dressed spinach and crisp-cooked bacon, you'll enjoy it for years to come. Serve it with corn bread and cold beer for a meal that's homey and elegant.

Start to Finish: 20 minutes **Servings:** 4

1 pound fresh sea scallops	1 10-ounce package prewashed spinach
2 tablespoons all-purpose flour	1 tablespoon water
1 to 2 teaspoons blackened steak seasoning or Cajun seasoning	2 tablespoons balsamic vinegar
1 tablespoon cooking oil	1/4 cup cooked bacon pieces

[1] Rinse scallops and pat dry with paper towels. In a plastic bag combine flour and seasoning. Add scallops, shaking to coat. In a large skillet heat cooking oil over medium heat. Cook scallops in hot oil about 6 minutes or until brown and opaque, turning once. Remove scallops from skillet.

[2] Add spinach to hot skillet; sprinkle with water. Cover and cook over medium-high heat about 2 minutes or until spinach is wilted. Add vinegar, tossing to coat evenly. Return scallops to skillet and heat through. Sprinkle with bacon.

Nutrition Facts per serving: 158 cal., 6 g total fat (1 g sat. fat), 37 mg chol., 323 mg sodium, 9 g carbo., 2 g fiber, 18 g pro. **Daily Values:** 49% vit. A, 37% vit. C, 12% calcium, 29% iron

Beyond Ice Cream

Don't dessert dessert for lack of time! Consider these no-recipe ideas next time you want to serve something sweet to someone special:

- Slice a purchased angel food cake in half horizontally; fill with a thin layer of purchased lemon curd and frost with sweetened whipped cream. Serve immediately.
- Toss strawberries with a little sugar; let stand about 1 hour or until a syrup forms. Toss with a small amount of balsamic vinegar, and top with a dollop of mascarpone cheese.
- Remember, too, the simple pleasures of in-season fruits—such as peaches, nectarines, and plums, tossed with a little honey. Add some chopped, toasted almonds or pecans, if you wish.

Charleston Crab Pot Pie

Like the famous dance named after this Southern city, this recipe for pot pie is full of twists and kicks! The Cajun seasoning in the luscious crab-and-leek filling is sure to raise a few eyebrows, and ultrathin layers of crisp phyllo dough will add another delightfully unexpected dimension.

Prep: 35 minutes **Bake:** 25 minutes **Servings:** 6 **Oven:** 375°

3 tablespoons butter
4 leeks, chopped
 $\frac{1}{3}$ cup all-purpose flour
 $2\frac{1}{2}$ cups milk
1 pound crabmeat, flaked and
cartilage removed
1 cup frozen peas
 $\frac{1}{4}$ cup dry sherry (optional)

1½ teaspoons Cajun seasoning
2 tablespoons butter, melted
1 teaspoon Dijon-style mustard
(optional)
2 sheets frozen phyllo dough
(17×12-inch rectangles),
thawed

[1] In a large skillet melt the 3 tablespoons butter over medium heat. Cook and stir leeks in hot butter for 2 to 3 minutes or until tender. Add the flour to the skillet; cook and stir about 1 minute. Stir in the milk; cook and stir until mixture begins to boil. Stir in the crabmeat, peas, dry sherry (if desired), Cajun seasoning, and, if desired, $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon ground red pepper. Spoon the crab mixture into a 2-quart square baking dish.

[2] In a small bowl stir together the 2 tablespoons melted butter and, if desired, the Dijon-style mustard. Brush one sheet of phyllo dough with butter mixture; fold in half crosswise. Repeat with other sheet. Stack the two sheets. Using a sharp knife, trim phyllo to about a 9-inch square. Place phyllo stack over crab mixture; tuck edges under. Brush any remaining butter mixture over top. Bake in a 375° oven for 25 to 30 minutes or until heated through. Serve immediately.

Nutrition Facts per serving: 297 cal., 13 g total fat (7 g sat. fat), 109 mg chol., 461 mg sodium, 23 g carbo., 4 g fiber, 22 g pro. **Daily Values:** 19% vit. A, 15% vit. C, 20% calcium, 17% iron





Deviled Fish and Pasta

While we usually think “eggs” when we hear the word “deviled,” this recipe shows that fish can go to the devil, too! To devil a dish means to add spicy seasonings, such as the red pepper and mustard you see here. Paradoxically the results are actually quite heavenly!

Prep: 30 minutes **Bake:** 15 minutes **Servings:** 4 **Oven:** 400°

12 ounces fresh or frozen cod, orange roughy, or flounder fillets	¼ teaspoon salt
1½ cups dry white wine or chicken broth	Dash ground red pepper
1 cup dried small shell macaroni	¼ cup grated Parmesan or Romano cheese
1 8-ounce carton plain low-fat yogurt	2 tablespoons fine dry bread crumbs
½ cup thinly sliced celery	1 tablespoon snipped fresh chives
1 tablespoon Worcestershire sauce	1 tablespoon butter or margarine, melted
2 teaspoons Dijon-style mustard	Paprika

[1] Thaw fish, if frozen. Rinse fish and pat dry with paper towels. Measure thickness of fish fillets. In a large skillet bring white wine to boiling; add fish. Return to boiling; reduce heat. Cover and simmer until fish just begins to flake with a fork (allow 4 to 6 minutes per ½-inch thickness of fish). Drain fish; discarding liquid. Cut fish into bite-size pieces.

[2] Meanwhile, cook pasta according to package directions. Drain pasta; rinse with cold water. Drain again.

[3] In a large mixing bowl stir together yogurt, celery, Worcestershire sauce, Dijon-style mustard, salt, and ground red pepper. Add fish and pasta, tossing lightly to coat. Spoon pasta mixture into four au gratin dishes.

[4] In a small bowl toss together the Parmesan cheese, bread crumbs, chives, and butter. Sprinkle the crumb mixture over pasta mixture. Sprinkle with paprika. Bake in a 400° oven about 15 minutes or until heated through and crumbs are golden. If desired, garnish with additional snipped chives.

Poached Orange Roughy with Lemon Sauce



No fish out of water here! Poaching the popular fish in a lemon- and pepper-infused broth preserves its delicate flavor and texture. Notice, too, how this fry-free method requires no added oil, resulting in a light, flavorful low-fat dish.

Start to Finish: 20 minutes **Servings:** 4

1 pound fresh orange roughy or red snapper, $\frac{1}{2}$ inch thick	1 medium yellow sweet pepper, cut into bite-size strips
1 pound asparagus spears	4 teaspoons cornstarch
1 14½-ounce can reduced-sodium chicken broth	2 tablespoons snipped fresh chives
2 teaspoons finely shredded lemon peel	2 cups hot cooked couscous or rice

[1] Rinse fish; pat dry. Cut fish into four serving-size pieces; set aside. Snap off and discard woody bases from asparagus. Cut asparagus in half; set aside. In a large skillet combine 1 cup of the chicken broth, the lemon peel, and $\frac{1}{8}$ teaspoon black pepper. Bring to boiling; reduce heat. Carefully add fish and asparagus. Cover; cook over medium-low heat for 4 minutes. Add sweet pepper. Cover; cook 2 minutes more or until fish flakes easily. Transfer fish and vegetables to a platter, reserving liquid in skillet. Keep fish and vegetables warm.

[2] For sauce, stir together remaining broth and cornstarch. Stir into liquid in skillet. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Stir in chives. To serve, arrange fish and vegetables on top of couscous. Spoon sauce over fish and vegetables.

Nutrition Facts per serving: 249 cal., 2 g total fat (0 g sat. fat), 60 mg chol., 390 mg sodium, 27 g carbo., 6 g fiber, 28 g pro. Daily Values: 8% vit. A, 76% vit. C, 3% calcium, 8% iron

Nose Knows—and the Eyes Have It

When buying seafood, trust your nose and eyes to help you make the best selection.

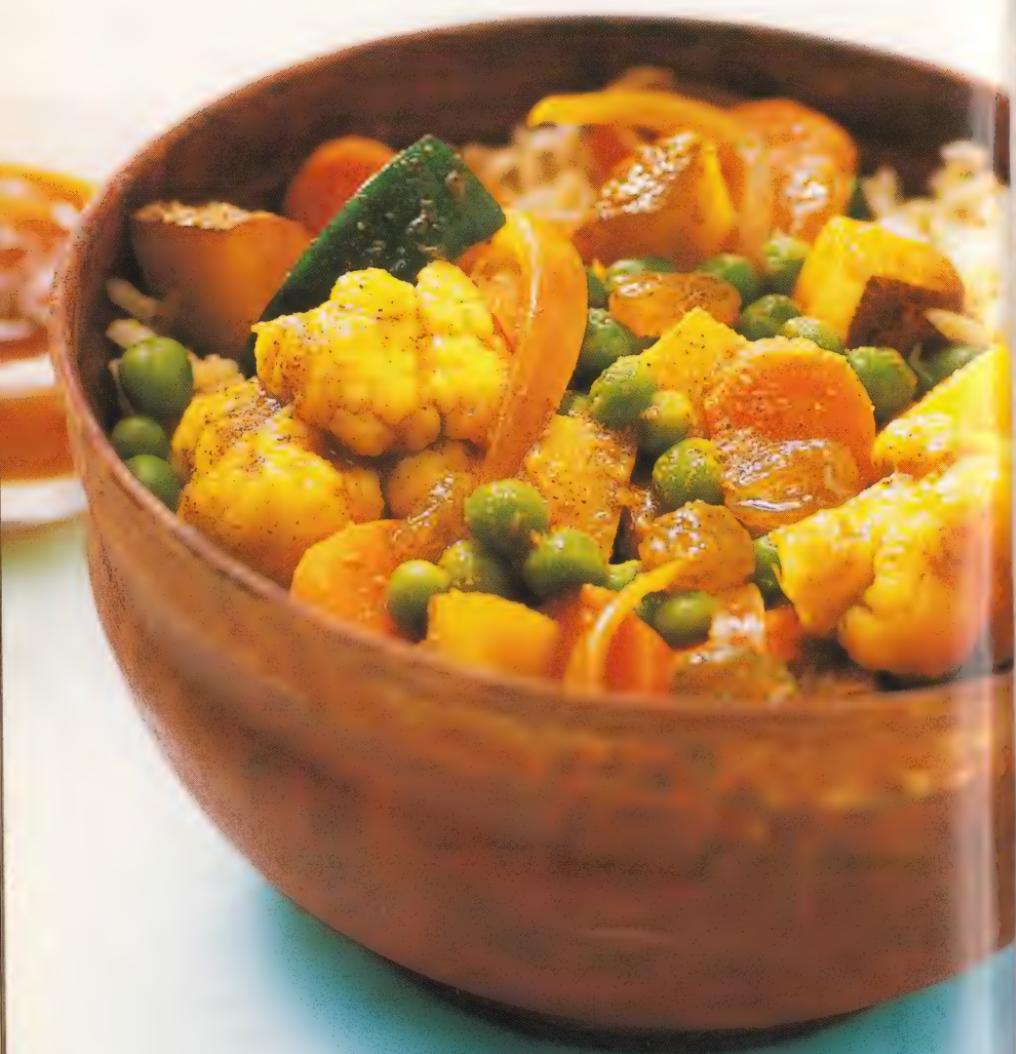
Look for Fish with

- Clear, bright bulging eyes
- Shiny, taut bright skin
- Red gills that are not slippery

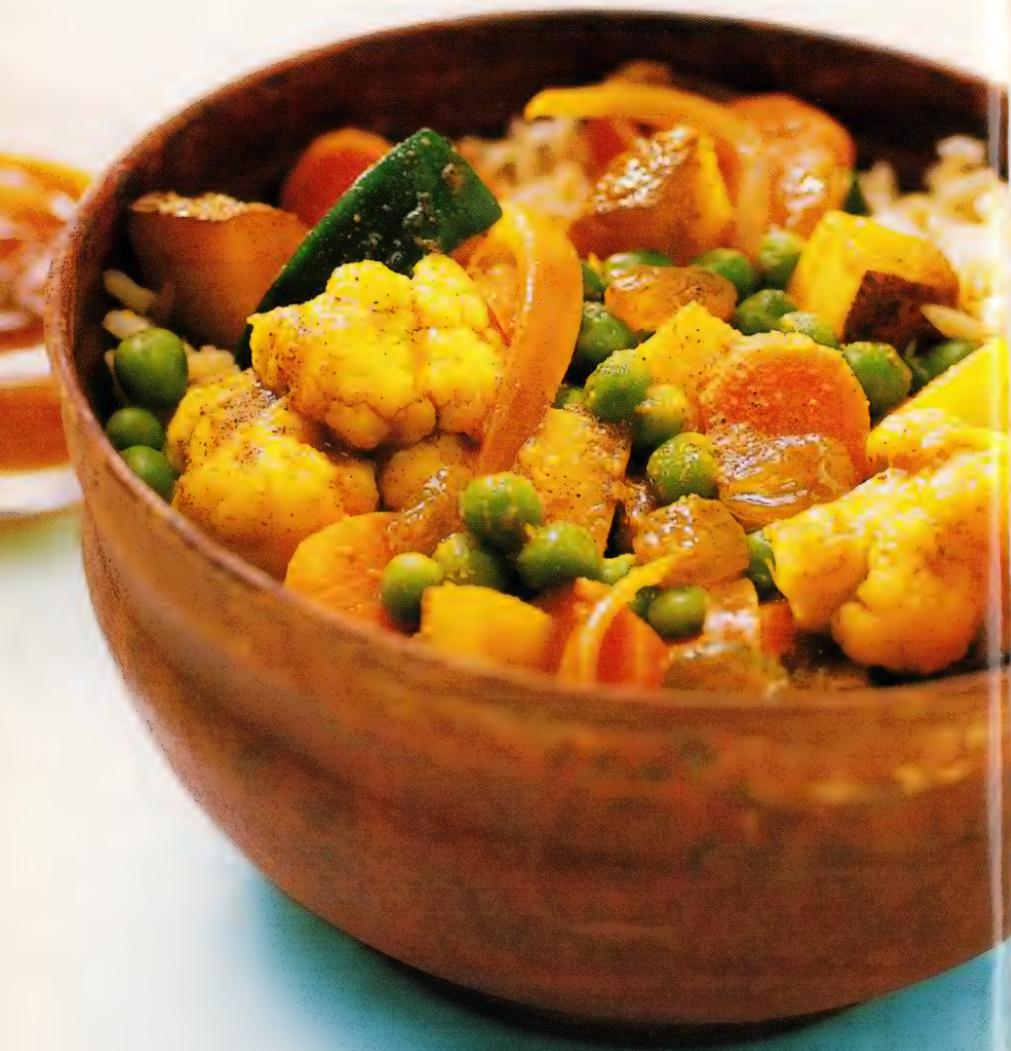
Avoid Fish with

- Strong, fishy odor
- Dull, bloody, or sunken eyes
- Fading skin and gill color

Vegetarian



Vegetarian



Mushroom and Asparagus Strata

This layered baked strata showcases spring's tender asparagus well. Remember it as a great make-ahead brunch or lunch dish for any springtime event, such as Easter, Mother's Day, or a bridal luncheon.

Prep: 25 minutes

Chill: 2 hours

Bake: 45 minutes

Stand: 10 minutes

Servings: 6 to 8

Oven: 325°

1 pound thin asparagus spears
1 tablespoon olive oil
4 cups sliced fresh variety mushrooms (such as button and/or shiitake) (about 12 ounces)
2 cloves garlic, minced
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground white or black pepper

2 cups shredded Swiss and/or Edam cheese (8 ounces)
2 tablespoons snipped fresh dillweed or 1 teaspoon dried dillweed
6 slices French or Italian bread, cut into 4x1x1-inch sticks
6 eggs
 $2\frac{1}{4}$ cups half-and-half, light cream, or whole milk
 $\frac{1}{4}$ cup grated Romano, Parmesan, or other hard grating cheese

[1] Clean asparagus; snap off woody bases. If spears are thick, cut in half lengthwise. Cut spears into 3-inch pieces. In a large saucepan bring a small amount of water to boiling. Add asparagus. Cook, uncovered, 1 minute. Drain; rinse with cold water. Drain on paper towels.

[2] Lightly grease a 2-quart rectangular baking dish; set aside. In a large skillet heat oil. Add mushrooms, garlic, salt, and pepper. Cook, uncovered, over medium-high heat for 4 to 5 minutes or until nearly all of the liquid has evaporated, stirring often; set aside. Toss together Swiss cheese and dillweed. Arrange half the bread in the bottom of baking dish. Top with half of the mushrooms, half of the cheese mixture, and half of the asparagus. Repeat with remaining mushrooms, cheese mixture, and asparagus. Top with remaining bread pieces.

[3] Beat together eggs and half-and-half. Pour mixture over layers in dish. Press lightly with back of a spoon to thoroughly moisten bread. Sprinkle cheese over top. Cover and chill 2 hours. Bake, uncovered, in a 325° oven about 45 minutes or until a knife inserted near center comes out clean. Remove from oven; let stand 10 minutes before cutting.



Vegetable Pastitsio

Meat isn't the only thing we've omitted from the traditional Greek dish. By calling on refrigerated egg product and fat-free milk, we've omitted some of the fat, too.

Prep: 40 minutes **Bake:** 35 minutes **Stand:** 5 minutes
Servings: 6 **Oven:** 350°

Nonstick cooking spray	1 8-ounce can tomato sauce
8 ounces dried penne pasta or elbow macaroni	1 cup frozen whole kernel corn
½ cup refrigerated egg product	1 cup cubed, cooked potatoes
½ teaspoon ground nutmeg	¾ teaspoon dried mint, crushed
2 cups fresh spinach leaves	½ teaspoon dried oregano, crushed
½ cup chopped onion	¼ teaspoon ground cinnamon
1 clove garlic, minced	3 tablespoons all-purpose flour
1 tablespoon chicken broth or water	1½ cups fat-free milk
4 teaspoons margarine or butter	¼ cup grated Parmesan cheese

[1] Coat a 2-quart square baking dish with nonstick spray; set aside. Cook pasta according to package directions; drain, reserving hot water. Rinse pasta with cold water; drain. In a large bowl stir together pasta, egg product, ¼ teaspoon of the nutmeg, and ¼ teaspoon salt. Spread mixture evenly in dish. Add spinach to reserved cooking water; let stand 2 minutes or until spinach is wilted. Drain well. Spread spinach on top of pasta mixture. In a large nonstick skillet cook onion and garlic in broth and 1 teaspoon of the margarine over medium heat for 3 minutes or until onion is tender. Add tomato sauce, corn, potatoes, mint, oregano, cinnamon, ¼ teaspoon salt, and ¼ teaspoon pepper; cook and stir until heated through. Spread vegetable mixture over spinach leaves.

[2] In saucepan melt remaining margarine. Stir in flour. Add milk. Cook and stir until bubbly; cook 1 minute more. Stir in Parmesan and remaining nutmeg. Spread on top. Bake in a 350° oven for 35 minutes or until top is firm. Let stand 5 minutes before serving.

Nutrition Facts per serving: 321 cal., 6 g total fat (2 g sat. fat), 5 mg chol., 602 mg sodium, 54 g carbo., 3 g fiber, 14 g pro. **Daily Values:** 28% vit. A, 26% vit. C, 187% calcium, 22% iron

Lasagna with Zucchini and Walnuts

The challenge of meatless lasagna is to make it as satisfying as the beef- or sausage-layered classic. Crunchy walnuts stand in for the meat, adding heartiness and texture. (Note that all brands of the no-boil lasagna noodles are not the same size, so use enough noodles to have three even, single layers.)

Prep: 35 minutes

Bake: 40 minutes

Stand: 15 minutes

Servings: 6

Oven: 375°

2 medium zucchini	1/8 teaspoon black pepper
4 teaspoons olive oil	1 1/2 cups shredded mozzarella cheese (6 ounces)
2 large carrots, finely chopped	1/2 cup grated Parmesan cheese
2 cups finely chopped onions	6 no-boil lasagna noodles
4 cloves garlic, minced	1/2 cups chopped walnuts
2 cups purchased marinara sauce	
1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed	

[1] Trim ends off zucchini. Thinly slice zucchini lengthwise. (You should have a total of 9 long slices, each about $\frac{1}{8}$ inch thick.) Place in a single layer on a lightly greased baking sheet; brush lightly with 1 teaspoon of the oil. Broil 3 to 4 inches from heat about 5 minutes or until crisp-tender, turning once. Let cool before handling.

[2] In a large saucepan heat the remaining oil over medium-high heat. Add carrots, onions, and garlic; cook and stir about 5 minutes or until tender. Add marinara sauce, basil, and pepper. Bring to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally. In a small bowl toss together the mozzarella and Parmesan cheeses; set aside.

[3] Grease a 2-quart square baking dish; arrange two noodles in the dish. Spread with a third of the sauce. Sprinkle with a third of the nuts. Top with a third of the zucchini; sprinkle with a third of the cheese mixture. Repeat layering, alternating direction of the zucchini in each layer and finishing with the zucchini; set remaining cheese aside.

[4] Bake, covered, in a 375° oven for 20 minutes. Uncover and sprinkle with remaining cheese mixture. Bake, uncovered, about 20 minutes more or until heated through. Let stand for 15 minutes before serving. If desired, sprinkle with a few chopped walnuts.



Feta and Tomato Pizza

This pizza is based on a classic Italian specialty called Pizza Margherita, which is usually topped with mozzarella cheese and fresh, ripe tomatoes. Our version may add a few twists, but they're certainly in keeping with the dish's distinctive Mediterranean feel: feta, ripe olives, and fresh basil.

Prep: 20 minutes **Bake:** 10 minutes **Servings:** 6 **Oven:** 425°

1 16-ounce Italian bread shell (Boboli)	1/3 cup finely chopped green sweet pepper or thinly sliced green onions
1 cup shredded mozzarella cheese (4 ounces)	1/8 teaspoon garlic pepper seasoning
5 Roma tomatoes	1/2 cup shredded mozzarella cheese (2 ounces)
1 cup crumbled feta cheese (4 ounces)	2 tablespoons snipped fresh basil
1/2 cup sliced pitted ripe olives	

[1] Place bread shell on a baking sheet or pizza pan. Sprinkle the 1 cup mozzarella over bread shell. Halve tomatoes lengthwise; remove seeds and discard. Thinly slice tomatoes and arrange on top of mozzarella cheese. Sprinkle with feta cheese, olives, green pepper, and garlic pepper seasoning. Sprinkle with remaining 1/2 cup mozzarella cheese.

[2] Bake in a 425° oven for 10 to 12 minutes or until heated through. Sprinkle fresh basil over top before serving.

Nutrition Facts per serving: 349 cal., 15 g total fat (6 g sat. fat), 36 mg chol., 811 mg sodium, 38 g carbo., 2 g fiber, 19 g pro. **Daily Values:** 11% vit. A, 33% vit. C, 30% calcium, 13% iron

To Roma with Love

Robust Roma tomatoes are also good for making sauces. These meaty beauties, sometimes referred to as "plum tomatoes" or "Italian tomatoes," have a firmer flesh than ordinary tomatoes, fewer seeds, less juice, and the Roma tomatoes cook down to a thick, full-flavored sauce.



Triple Mushroom and Rice Fajitas

This recipe proves that the age-old comfort and satisfaction derived from roasting works equally well with an array of colorful vegetables. Think of it next time you're headed out to a Saturday farmer's market in search of a windfall of fresh vegetables, and you'll be set for a new Sunday tradition.

Start to Finish: 1 hour **Servings:** 4 **Oven:** 350°

½ cup uncooked regular brown rice	3 ounces fresh chanterelle or oyster mushrooms, thinly sliced
¼ cup water	3 ounces fresh shiitake mushrooms, stemmed and thinly sliced
2 tablespoons lime juice	1 medium green and/or red sweet pepper, cut into thin strips
1 tablespoon olive oil or cooking oil	4 green onions, cut into 1½-inch pieces
2 large cloves garlic, minced	8 7- to 8-inch flour tortillas
½ teaspoon ground cumin	¼ cup slivered almonds, toasted
½ teaspoon dried oregano, crushed	
¼ teaspoon salt	
3 ounces fresh portobello mushrooms, stemmed and thinly sliced	

[1] Cook rice according to package directions, except omit any salt. Meanwhile, for marinade, in a large plastic bag set in a deep bowl combine the water, lime juice, oil, garlic, cumin, oregano, and salt. Add mushrooms, sweet pepper strips, and green onions. Seal the bag; turn bag to coat vegetables. Marinate at room temperature for 15 to 30 minutes. Stack tortillas; wrap in foil. Heat in a 350° oven for 10 minutes to soften.

[2] For filling, in a large nonstick skillet cook undrained mushroom mixture over medium-high heat for 6 to 8 minutes or until peppers are tender and all but about 2 tablespoons of the liquid has evaporated, stirring occasionally. Stir in cooked rice and almonds; heat through. To serve, spoon mushroom-rice mixture onto warmed tortillas; roll up. If desired, tie a green onion top around each rolled tortilla.

Nutrition Facts per serving: 331 cal., 9 g total fat (2 g sat. fat), 0 mg chol., 380 mg sodium, 55 g carbo., 4 g fiber, 9 g pro. **Daily Values:** 3% vit. A, 35% vit. C, 9% calcium, 27% iron

Crockery Cooking





Chili with Double-Bean Toss

In some parts, adding beans to chili is heresy, while in others, it's essential. This recipe will appease both camps—it has beans, all right, but they're served as a refreshing side-dish salad, if you like.

Prep: 25 minutes **Cook:** 10 hours **Servings:** 6

1 pound boneless beef top round steak	2 cloves garlic, minced
1 tablespoon cooking oil	4 teaspoons chili powder
2 14½-ounce cans diced tomatoes	1 tablespoon brown sugar
1 14½-ounce can beef broth	1½ teaspoons dried oregano, crushed
1 cup chopped onion	½ teaspoon ground cumin
1 or 2 fresh jalapeño or serrano peppers, finely chopped (see tip, page 9)	¼ teaspoon black pepper
	1 recipe Double-Bean Toss (optional)

[1] Trim fat from meat. Cut meat into ¾-inch chunks. In a large skillet heat oil. Brown beef, half at a time, in hot oil. Drain fat.

[2] In a 3½- or 4-quart electric crockery cooker combine undrained tomatoes, broth, onion, jalapeño peppers, garlic, chili powder, brown sugar, oregano, cumin, and black pepper. Stir in browned beef pieces.

[3] Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Serve chili in bowls. If desired, serve with Double-Bean Toss on the side and top with a dollop of sour cream; garnish with fresh cilantro or parsley and tortilla chips.

Double-Bean Toss: In a bowl combine one 15-ounce can pinto beans and one 15-ounce can black beans, rinsed and drained. Add ½ teaspoon finely shredded lime peel, 1 tablespoon lime juice, 1 tablespoon salad oil, and 1 clove garlic, minced. Toss to mix.

Nutrition Facts per serving (without beans): 200 cal., 8 g total fat (2 g sat. fat), 45 mg chol., 511 mg sodium, 13 g carbo., 2 g fiber, 18 g pro. **Daily Values:** 10% vit. A, 36% vit. C, 8% calcium, 16% iron



South-of-the-Border Steak and Beans

Queso fresco (pronounced KAY-so FRESK-o) means “fresh cheese.” This semisalty Mexican cheese, found in Hispanic specialty food stores, makes a terrific topper for this chili-spiced mixture.

Prep: 25 minutes **Cook:** $\frac{1}{2}$ hours **Servings:** 6

1½ pounds beef flank steak	1 teaspoon ground cumin
1 10-ounce can chopped tomatoes and green chile peppers	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup chopped onion	$\frac{1}{4}$ teaspoon black pepper
2 cloves garlic, minced	2 small green, red, and/or yellow sweet peppers, cut into strips
1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed	1 15-ounce can pinto beans, rinsed and drained
1 teaspoon chili powder	3 cups hot cooked rice

[1] Trim fat from meat. Place meat in a 3½- or 4-quart electric crockery cooker. In a bowl stir together undrained tomatoes, onion, garlic, dried oregano (if using), chili powder, cumin, salt, and black pepper. Pour over meat.

[2] Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours.

[3] If using low-heat setting, turn to high-heat setting. Add sweet pepper strips and pinto beans. Cover and cook for 30 minutes more. Remove meat; cool slightly. Shred or thinly slice meat across the grain. Stir fresh oregano (if using) into bean mixture.

[4] To serve, spoon rice into soup bowls. Arrange meat on top of rice. Spoon bean mixture over meat. If desired, sprinkle with crumbled queso fresco or feta cheese and additional snipped fresh oregano.

Nutrition Facts per serving: 345 cal., 9 g total fat (4 g sat. fat), 53 mg chol., 642 mg sodium, 37 g carbo., 4 g fiber, 28 g pro. Daily Values: 4% vit. A, 30% vit. C, 5% calcium, 33% iron

Curried Beef and Carrots

Can't wait to get to the table after a long day at work? Choose couscous for the side dish—it cooks much more quickly than rice, and it complements the flavors of this dish well.

Prep: 15 minutes **Cook:** 8 hours **Servings:** 6

5 medium carrots, cut into
2-inch pieces

1 pound boiling onions, peeled,
or 2 cups chopped onion

1 1½- to 2-pound boneless beef
chuck pot roast

½ cup apple juice or water

⅓ cup chutney

2 tablespoons quick-cooking
tapioca

2 teaspoons curry powder

½ teaspoon ground coriander

½ teaspoon dried mint, crushed

3 cups hot cooked couscous or rice

[1] Place carrots and onions in a 3½- or 4-quart electric crockery cooker. If necessary, cut roast to fit into the cooker. Place meat on top of the vegetables. In a small bowl combine apple juice, chutney, tapioca, curry powder, coriander, and mint. Pour over meat.

[2] Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Transfer meat and vegetables to a platter. Skim fat from juices. Serve meat, vegetables, and juices with couscous or rice.

Nutrition Facts per serving: 588 cal., 27 g total fat (11 g sat. fat), 113 mg chol., 119 mg sodium, 48 g carbo., 7 g fiber, 36 g pro. **Daily Values:** 15% vit. A, 23% vit. C, 5% calcium, 32% iron

Citrus Corned Beef Sandwiches

Keep some corned beef on hand—when the sealed vacuum-packed product is refrigerated, it has a shelf life of several weeks. That way, you can pop the meat in the crockery cooker any morning before work. On the way home, pick up some fresh rolls and cheese, and you have an instant homemade supper.

Prep: 30 minutes **Cook:** 8 hours **Servings:** 8

1 2- to 3-pound corned beef
brisket with spice packet
1 cup water
 $\frac{1}{4}$ cup Dijon-style mustard
 $\frac{1}{3}$ cup orange juice

4 teaspoons all-purpose flour
8 kaiser rolls, split
6 ounces sliced Muenster cheese

[1] Trim fat from meat. Rub brisket with spices from spice packet. If necessary, cut the brisket to fit into a 3½-, 4-, or 5-quart electric crockery cooker. Place brisket in cooker. Combine water and Dijon-style mustard; pour over brisket. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove meat; cover to keep warm. Skim fat from juices. Reserve juices; discard whole spices.

[2] In a small saucepan stir together orange juice, flour, and, if desired, $\frac{1}{4}$ teaspoon finely shredded orange peel. Gradually stir $\frac{1}{4}$ cup of the reserved cooking juices into the mixture in the saucepan. Cook and stir until mixture is thickened and bubbly. Cook and stir for 1 minute more. Remove from heat.

[3] To serve, thinly slice meat across the grain. Arrange rolls, cut side up, on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 1 to 2 minutes or until toasted. Remove roll tops from broiler pan. Place sliced meat on bottom halves of rolls. Drizzle about 1 tablespoon of cooking juices over meat. Top with Muenster cheese. Broil 1 to 2 minutes more or until cheese melts. If desired, top with lettuce leaves and orange slices. Add roll tops.

Nutrition Facts per serving: 464 cal., 24 g total fat (9 g sat. fat), 99 mg chol., 1,539 mg sodium, 33 g carbo., 0 g fiber, 26 g pro. Daily Values: 7% vit. A, 30% vit. C, 17% calcium, 23% iron

Pulled Pork with Root Beer Barbecue Sauce



Root beer in barbecue sauce? Why not—it adds a sweet, caramely appeal. You'll find root beer concentrate in the spice section of supermarkets.

Prep: 15 minutes **Cook:** 8 hours **Servings:** 8 to 10

1 2½- to 3-pound pork sirloin roast	2 tablespoons minced garlic
1 tablespoon cooking oil	2 12-ounce cans or bottles root beer (3 cups) (not diet root beer)
2 medium onions, cut into thin wedges	1 cup bottled chili sauce
1 cup root beer (not diet root beer)	8 to 10 hamburger buns, split and toasted (see tip, page 29)

[1] Trim fat from meat. If necessary, cut roast to fit into crockery cooker. Sprinkle meat with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper. In a large skillet heat oil over medium-high heat. Brown roast on all sides in hot oil. Drain fat. Transfer meat to a 3½-, 4-, or 5-quart electric crockery cooker. Add onions, the 1 cup root beer, and garlic. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

[2] Meanwhile, for sauce, in a medium saucepan combine the 2 cans or bottles of root beer and the bottled chili sauce. Bring to boiling; reduce heat. Boil gently, uncovered, about 30 minutes or until mixture is reduced to 2 cups, stirring occasionally. If desired, add $\frac{1}{4}$ teaspoon root beer concentrate and several dashes bottled hot pepper sauce.

[3] Transfer roast to a cutting board or serving platter. Using a slotted spoon, remove onions from juices and place on serving platter. Discard juices. Using two forks, pull meat apart into shreds. To serve, if desired, line bottom halves of buns with lettuce leaves and sliced tomatoes. Add meat and onions; spoon on sauce. Add bun tops.

Nutrition Facts per serving: 356 cal., 10 g total fat (3 g sat. fat), 59 mg chol., 786 mg sodium, 44 g carbo., 1 g fiber, 22 g pro. **Daily Values:** 4% vit. A, 9% vit. C, 4% calcium, 13% iron

Pork and Mushroom Marengo

Legend has it that Marengo was created by Napoleon's chef to celebrate the French army's victory at the Battle of Marengo, waged against the Austrians in 1800. While Napoleon's chef didn't use a crockery cooker, the concept here—meat braised in tomatoes and herbs—is much the same.

Prep: 25 minutes **Cook:** 8½ hours **Servings:** 4

1½ pounds boneless pork shoulder	1 teaspoon instant chicken bouillon granules
1 tablespoon cooking oil	¼ teaspoon salt
8 ounces fresh mushrooms, sliced	Dash black pepper
½ cup chopped onion	⅓ cup cold water
1 14½-ounce can tomatoes, cut up	3 tablespoons all-purpose flour
1 cup water	2 cups hot cooked rice
1 tablespoon snipped fresh marjoram or 1 teaspoon dried marjoram, crushed	
1½ teaspoons snipped fresh thyme or ½ teaspoon dried thyme, crushed	

[1] Trim fat from meat. Cut pork into 1-inch cubes. In a large skillet heat oil. Brown meat, half at a time, in hot oil. Drain fat.

[2] In a 3½-, or 4-, or 5-quart electric crockery cooker place mushrooms and onion. Add meat. In a bowl combine undrained tomatoes, the 1 cup water, dried marjoram and thyme (if using), bouillon granules, salt, and pepper. Pour over all.

[3] Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. If using low-heat setting, turn to high-heat setting. In a bowl stir together the ⅓ cup cold water and the flour; stir into pork mixture in crockery cooker. Cover and cook on high-heat setting for 15 to 20 minutes more or until thickened. Stir in fresh marjoram and thyme (if using). Serve over hot rice.

Nutrition Facts per serving: 481 cal., 22 g total fat (7 g sat. fat), 112 mg chol., 610 mg sodium, 36 g carbo., 2 g fiber, 35 g pro. Daily Values: 6% vit. A, 32% vit. C, 5% calcium, 32% iron

Spicy Pork and Potato Stew

Poblano peppers are long, deep-green peppers with an irregular bell-pepper shape and a mild to medium-hot flavor. The jalapeño, on the other hand, is a smaller pepper that adds plenty of heat to the stew.

Prep: 30 minutes **Cook:** 8 hours **Servings:** 6

- | | |
|--|---|
| 1 pound boneless pork shoulder roast | 4 cloves garlic, minced |
| 1 tablespoon cooking oil | 2 inches stick cinnamon |
| 1 pound tiny new potatoes, quartered | 3 cups chicken broth |
| 1 cup chopped onion | 1 14½-ounce can diced tomatoes |
| 2 fresh poblano peppers, seeded and cut into 1-inch pieces (see tip, page 9) | 1 tablespoon chili powder |
| 1 fresh jalapeño pepper, seeded and chopped (see tip, page 9) | 1 teaspoon dried oregano, crushed |
| | ¼ teaspoon black pepper |
| | ¼ cup snipped fresh cilantro or parsley |

[1] Trim fat from pork. Cut pork into 1-inch cubes. In a large skillet heat oil. Brown pork, half at a time, in hot oil. Drain fat.

[2] In a 3½- or 4-quart electric crockery cooker place potatoes, onion, poblano peppers, jalapeño pepper, garlic, and stick cinnamon. Add meat. In a bowl combine broth, undrained tomatoes, chili powder, oregano, and black pepper; pour over all.

[3] Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Discard stick cinnamon. Stir in cilantro or parsley. If desired, serve stew over hot cooked basmati rice or long grain rice.

Nutrition Facts per serving: 285 cal., 11 g total fat (3 g sat. fat), 50 mg chol., 753 mg sodium, 28 g carbo., 3 g fiber, 19 g pro. Daily Values: 12% vit. A, 202% vit. C, 5% calcium, 21% iron

To Take: After the food is completely cooked, wrap the crockery cooker in heavy foil, several layers of newspaper, or a heavy towel. Then place the cooker in an insulated container so it doesn't tip over. The food should stay hot for up to 2 hours (do not hold for longer than 2 hours). If there is electricity at your party site, plug in the cooker. The food will stay warm on the low-heat setting. Stir in the snipped cilantro or parsley before serving.



Mafalda with Sausage and Mushrooms

Mafalda is a long, ruffle-edged noodle that resembles a lasagna noodle, only narrower. If you can't find it, use fettuccine or spaghetti instead.

Prep: 15 minutes **Cook:** 6 hours **Servings:** 6 to 8

- | | |
|---|--|
| 12 ounces sweet Italian sausage | 1 teaspoon dried rosemary, crushed, or 1 tablespoon snipped fresh rosemary |
| 2 cups sliced fresh crimini and/or button mushrooms | 2 cloves garlic, minced |
| 1 28-ounce can crushed tomatoes | 9 to 12 ounces dried mafalda, fettuccine, or spaghetti |
| 1 8-ounce can tomato sauce | Freshly shredded or grated Parmesan cheese (optional) |
| 1 6-ounce can tomato paste | |
| ½ cup chopped onion | |
| 1 tablespoon sugar | |

[1] Remove casings from sausage, if present. In a large skillet brown sausage. Drain fat. In a 3½- or 4-quart electric crockery cooker combine mushrooms, undrained tomatoes, tomato sauce, tomato paste, ⅔ cup water, onion, sugar, rosemary, garlic, and ¼ teaspoon pepper. Stir in cooked sausage. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

[2] Just before serving, cook pasta according to package directions; drain. Serve sausage mixture over pasta. If desired, sprinkle with freshly shredded Parmesan cheese.

Nutrition Facts per serving: 358 cal., 10 g total fat (3 g sat. fat), 22 mg chol., 938 mg sodium, 54 g carbo., 4 g fiber, 14 g pro. **Daily Values:** 19% vit. A, 47% vit. C, 4% calcium, 28% iron

Keep a Lid on It!

When cooking foods in your electric crockery cooker, resist the urge to lift the cover unless absolutely necessary. Cookers cook at such low temperatures, lost heat is not easily or quickly recovered. In fact, an uncovered cooker can lose up to 20 degrees of cooking heat in as little as two minutes, so if you need to lift the cover to add ingredients to your crockery cooker, replace the lid as quickly as possible, especially when cooking on the low-heat setting.

Lamb and Fruit Stew

Remember this recipe in the chilly fall and winter months when you're craving something hearty but missing the sweetness of summer's fruits.

Prep: 30 minutes **Cook:** 7½ hours **Servings:** 6 to 8

2 pounds boneless leg of lamb or beef bottom round roast	2 cups chopped onions
1 to 2 teaspoons crushed red pepper	3 cloves garlic, minced
¾ teaspoon ground turmeric	1 14½-ounce can beef broth
¾ teaspoon ground ginger	1 tablespoon cornstarch
¾ teaspoon ground cinnamon	2 tablespoons cold water
½ teaspoon salt	1 cup pitted dates
2 tablespoons olive oil or cooking oil	1 cup dried apricots
	Hot cooked couscous or rice
	¼ cup slivered almonds, toasted

[1] Trim fat from meat. Cut meat into 1- to 1½-inch pieces. In a shallow bowl combine red pepper, turmeric, ginger, cinnamon, and salt. Coat meat with seasoning mixture. In a large skillet heat oil over medium-high heat. Brown meat, a third at a time, in hot oil.

[2] Transfer meat to a 3½- or 4-quart electric crockery cooker. Add onions and garlic; stir to combine. Pour beef broth over all. Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours or until meat is tender.

[3] Skim fat from the surface of the juices in the crockery cooker. In a small mixing bowl stir together cornstarch and water; stir into crockery cooker. Add dates and apricots; stir to combine. If using low-heat setting, turn to high-heat setting. Cover and cook 30 minutes more or until mixture is bubbly and slightly thickened. To serve, spoon stew over hot cooked couscous or rice. Top individual servings with toasted almonds.

Nutrition Facts per serving: 550 cal., 14 g total fat (3 g sat. fat), 76 mg chol., 475 mg sodium, 75 g carbo., 12 g fiber, 34 g pro. **Daily Values:** 18% vit. A, 7% vit. C, 6% calcium, 29% iron

Old World Chicken

While too bitter to eat out of hand, juniper berries often are dried and used for flavoring savory dishes, such as meats and sauces. Teetotalers may not immediately recognize their aroma, but martini-lovers may—juniper berries are used to flavor gin.

Prep: 30 minutes **Cook:** 6 hours 5 minutes **Servings:** 4

2 slices bacon	1½ teaspoons snipped fresh thyme or ½ teaspoon dried thyme, crushed
1 teaspoon whole juniper berries	
3 medium carrots, cut into ½-inch pieces	1 teaspoon snipped fresh rosemary or ¼ teaspoon dried rosemary, crushed
¼ cup chopped shallots or onions	
¼ cup coarsely chopped celery	½ teaspoon salt
2½ to 3 pounds meaty chicken pieces (breasts, thighs, and drumsticks)	½ teaspoon black pepper
½ cup chicken broth	1 cup frozen peas
¼ cup dry red wine or port	2 tablespoons currant jelly
2 tablespoons quick-cooking tapioca	2 cups hot cooked rice

[1] In a small skillet cook bacon until crisp; drain on paper towels. Crumble bacon; set aside. For spice bag, place juniper berries on a double-thick, 6-inch square of 100-percent-cotton cheesecloth. Bring corners together and tie with clean cotton string.

[2] In a 3½-, 4-, or 5-quart electric crockery cooker place carrots, shallots, celery, and spice bag. Remove skin from chicken. Add chicken to crockery cooker. Sprinkle with bacon. In a small bowl combine broth, wine, tapioca, dried thyme and dried rosemary (if using), salt, and pepper. Pour over ingredients in crockery cooker.

[3] Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours or until chicken is tender. Using a slotted spoon, transfer chicken and carrots to a serving platter; keep warm. If using low-heat setting, turn to high-heat setting. Stir in peas and fresh thyme and rosemary (if using). Cook for 5 minutes more. Remove spice bag. Skim fat. Add currant jelly; stir until smooth. Pour over chicken mixture. Serve with rice.

Sweet 'n' Spicy Turkey

Now that you can buy turkey parts, the festive bird isn't just for the holidays anymore! Here just two thighs make up to six servings.

Prep: 15 minutes **Cook:** 5 hours **Servings:** 6

2 turkey thighs (2½ to 2¾ pounds)	1 tablespoon cold water
⅔ cup chopped onion	2 teaspoons cornstarch
¾ cup cranberry juice	3 cups hot cooked barley
¼ cup Dijon-style mustard	1 medium nectarine or pear, cored and chopped
¼ teaspoon ground red pepper	
½ cup dried cranberries or cherries	

[1] Remove skin from turkey thighs. Place turkey in bottom of a 3½- or 4-quart electric crockery cooker. Add onion. In a mixing bowl combine cranberry juice, mustard, and ground red pepper. Pour over all in crockery cooker. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Remove turkey; cover to keep warm.

[2] For sauce, strain cooking juices. Measure juices. If necessary, add enough water to equal 1½ cups. In a small saucepan combine juices and cranberries. In a small bowl combine the water and cornstarch; stir into mixture in saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. To serve, toss hot cooked barley with chopped nectarine. Serve turkey and sauce over barley mixture.

Nutrition Facts per serving: 436 cal., 11 g total fat (3 g sat. fat), 116 mg chol., 365 mg sodium, 41 g carbo., 6 g fiber, 42 g pro. **Daily Values:** 2% vit. A, 22% vit. C, 5% calcium, 29% iron

Poultry: Handle with Care

When working with raw poultry, keep these food-safety tips in mind:

- Refrigerate chicken in the coldest section, placing it on a tray to catch drips.
- Thaw frozen, wrapped chicken in the refrigerator—never at room temperature.
- It's a good idea to designate one cutting board for raw poultry and meats and a separate one for chopping vegetables.



Marinara Sauce and Pasta

Every cook needs his or her own version of a homemade marinara sauce. Consider this one yours. Sure, it's great over pasta, but once you've tasted it, you'll think of even more great ways to use it.

Prep: 30 minutes **Cook:** 8 hours **Servings:** 6

2 cups coarsely chopped carrots	1 6-ounce can tomato paste
1½ cups sliced celery	1 tablespoon dried Italian seasoning, crushed
1 cup chopped onion	2 teaspoons sugar
1 cup chopped green sweet pepper	1 bay leaf
3 cloves garlic, minced	12 ounces dried pasta, cooked and drained
2 tablespoons olive oil	
1 28-ounce can whole Italian-style tomatoes, cut up	

[1] In a skillet cook carrots, celery, onion, pepper, and garlic in oil 5 minutes. In a 3½- or 4-quart electric crockery cooker combine undrained tomatoes, paste, seasoning, sugar, bay leaf, ½ cup water, ½ teaspoon black pepper, and ¼ teaspoon salt. Stir in vegetable mixture.

[2] Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Discard bay leaf. Serve over hot cooked pasta.

Nutrition Facts per serving: 365 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 387 mg sodium, 68 g carbo., 7 g fiber, 11 g pro. Daily Values: 131% vit. A, 81% vit. C, 8% calcium, 32% iron

To Make Ahead: Cook sauce as directed. Divide into freezer containers. Seal, label, and freeze up to 3 months. Thaw in the refrigerator overnight. To serve, heat in a saucepan until boiling. Meanwhile, cook pasta according to package directions. Serve sauce over pasta.

Marinara—the Marvelous Leftover

The uses for leftover marinara are myriad. Some of our favorites:

- Serve over broiled or sautéed chicken breasts. If desired, add sautéed mushrooms.
- Transform it into pizza sauce. Spread it on a prepared pizza crust and add toppings.

Metric Cooking Hints

By making a few conversions, cooks in Canada, Australia, and the United Kingdom can use the recipes in this book with confidence. The charts on these pages provide a guide for converting measurements from the U.S. customary system, which is used throughout this book, to the imperial and metric systems. There also is a conversion table for oven temperatures to accommodate the differences in oven calibrations.

VOLUME AND WEIGHT: Americans traditionally use cup measures for liquid and solid ingredients. The chart (below) shows approximate imperial and metric equivalents. If you are accustomed to weighing solid ingredients, here are some helpful approximate equivalents.

- 1 cup butter, castor sugar, or rice = 8 ounces = about 230 grams
- 1 cup flour = 4 ounces = about 115 grams
- 1 cup icing sugar = 5 ounces = about 140 grams

Spoon measures are used for smaller amounts of ingredients. Although the size of the tablespoon varies slightly among countries, for practical purposes and for recipes in this book, a straight substitution is all that's necessary.

Measurements made using cups or spoons should be level, unless stated otherwise.

PRODUCT DIFFERENCES: Most of the ingredients called for in the recipes in this book are available in English-speaking countries. However, some are known by different names. Here are some common American ingredients and their possible counterparts:

- Sugar is granulated or castor sugar.
- Powdered sugar is icing sugar.
- All-purpose flour is plain household flour or white flour. When self-rising flour is used in place of all-purpose flour in a recipe that calls for leavening, omit the leavening agent (baking soda or baking powder) and salt.
- Light-colored corn syrup is golden syrup.
- Cornstarch is cornflour.
- Baking soda is bicarbonate of soda.
- Vanilla is vanilla essence.
- Golden raisins are sultanas.

Useful Equivalents: U.S. = Canada/Australia/U.K.

$\frac{1}{5}$ teaspoon = 1 ml
$\frac{1}{4}$ teaspoon = 1.25 ml
$\frac{1}{2}$ teaspoon = 2.5 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 fluid ounce = 30 ml
$\frac{1}{4}$ cup = 60 ml
$\frac{1}{3}$ cup = 80 ml

$\frac{1}{2}$ cup = 120 ml
$\frac{2}{3}$ cup = 160 ml
$\frac{3}{4}$ cup = 180 ml
1 cup = 240 ml
2 cups = 475 ml
1 quart = 1 litre
$\frac{1}{2}$ inch = 1.25 cm
1 inch = 2.5 cm

continued on page 94

Baking Pan Sizes

U.S.	METRIC
8 x 1½-inch round baking pan	20 x 4-centimetre cake tin
9 x 1½-inch round baking pan	23 x 4-centimetre cake tin
11 x 7 x 1½-inch baking pan	28 x 18 x 4-centimetre baking tin
13 x 9 x 2-inch baking pan	32 x 23 x 5-centimetre baking tin
2-quart rectangular baking dish	28 x 18 x 4-centimetre baking tin
15 x 10 x 1-inch baking pan	38 x 25.5 x 2.5-centimetre baking tin (Swiss roll tin)
9-inch pie plate	22 x 4- or 23 x 4-centimetre pie plate
7- or 8-inch springform pan	18- or 20-centimetre springform or loose-bottom cake tin
9 x 5 x 3-inch loaf pan	23 x 13 x 8-centimetre or 2-pound narrow loaf tin or pâté tin
1½-quart casserole	1.5-litre casserole
2-quart casserole	2-litre casserole

Oven Temperature Equivalents

FAHRENHEIT SETTING	CELSIUS SETTING*	GAS SETTING
300°F	150°C	Gas Mark 2 (very low)
325°F	170°C	Gas Mark 3 (low)
350°F	180°C	Gas Mark 4 (moderate)
375°F	190°C	Gas Mark 5 (moderately hot)
400°F	200°C	Gas Mark 6 (hot)
425°F	220°C	Gas Mark 7 (hot)
450°F	230°C	Gas Mark 8 (very hot)
475°F	240°C	Gas Mark 9 (very hot)
Broil		Grill

* Electric and gas ovens may be calibrated using Celsius. However, for an electric oven, increase the Celsius setting 10 to 20 degrees when cooking above 160°C. For convection or forced-air ovens (gas or electric), lower the temperature setting 10°C when cooking at all heat levels.

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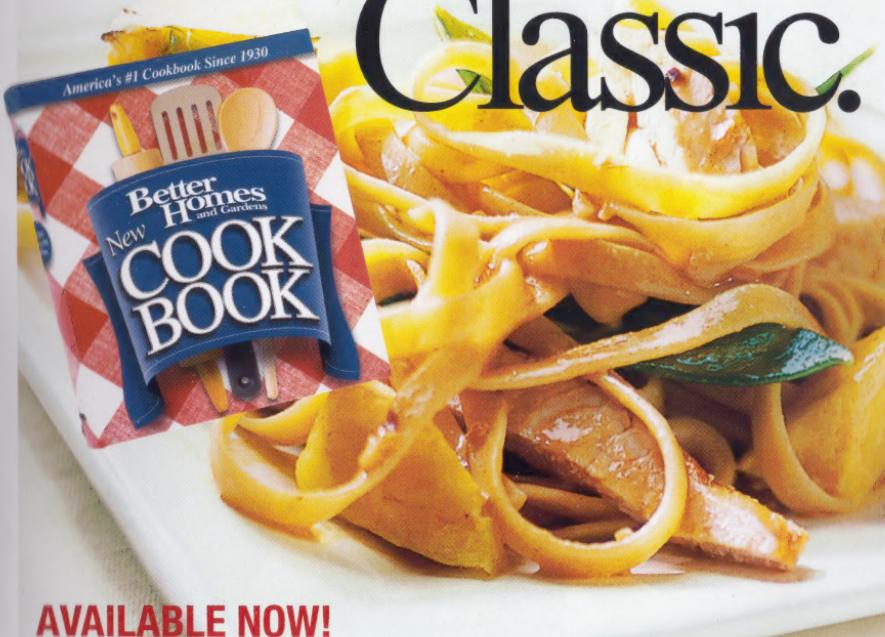
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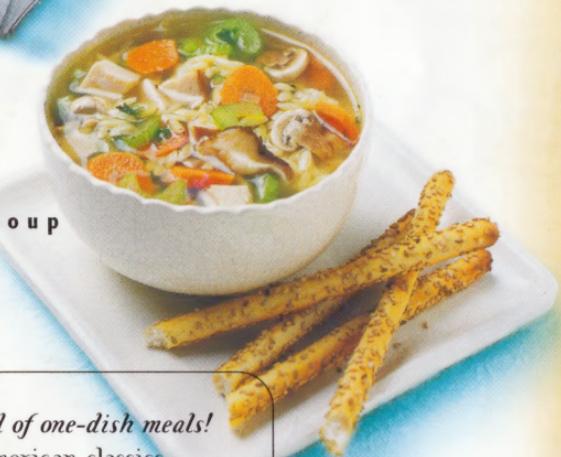
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